



Sport Wellington Performance Hub

Athlete Development Scholarship Programme

The Sport Wellington Performance Hub offers the opportunity for 10 young athletes across all sporting codes in the greater Wellington Region to join the 2020 Athlete Development Scholarship Programme [ADSP].

The ADSP is a holistic and collaborative approach to development that is built on the foundation principles of character, movement, wellness, and sporting performance. The programme's goal is to provide a platform from which developing athletes build knowledge and skills to better prepare them for their next steps in sport and life.

The key components of the Sport Wellington Athlete Development Scholarship Programme are:

- Comprehensive medical screening - ECG, Movement competency, Blood testing, Musculoskeletal, physical exam.
- Individual Performance Plan (IPP) - to be led by Sport Wellington Performance Hub advisors in collaboration with athletes and coaches.
- Athlete Life consultations focused on character development
- Strength and Conditioning - Access to Les Mills gym
- Education sessions covering athlete life and wellness, such as; nutrition, psychology, media skills and more

Selection into the programme:

The identification of athletes is conditional on future potential parameters as identified by the Sport Wellington Performance Hub. Up to 10 athletes may be selected into the programme on a yearly basis.

The application process involves three components:

1. Expression of Interest form
2. Assessment interview
3. Athlete performance review

Application Timeline:

10 February
Stage One

Expressions of Interest [EOIs] sent out

- Sport Wellington available to answer questions
- Individuals encouraged to apply

10 March
Stage Two

EOIs received and interviews scheduled

- Sport Wellington send email confirming EOIs and schedule interviews
- Individuals complete interviews with assessment panel

27 March
Stage Three

Assesment interviews completed

- Sport Wellington assessment panel review applications
- Individuals receive an acceptance letter, or a letter of decline and offer to meet face-to-face to discuss decision

3 April
Stage Four

Scholarship recipients announced

- Sport Wellington publicly announce scholarship recipients
- Individual recipients and their sports invited to scholarship celebration and programme launch

16 April
Stage Five

Programme begins

- Sport Wellington host programme launch
- Individuals sign contracts and begin programme

**Submit the Expression of Interest form no later than
5p.m. Tuesday 10 March to:**

Andy Reid | Sport Development Advisor
andy@sportwellington.org.nz

Expression of Interest



Name:

DOB:

Email:

Postal Address:

Home Phone:

Mobile Phone:

School:

Sport:

Club Affiliation:

Coach(es):

Contact time with coach(es) - number of sessions per week:

Hours per week you engage in sport or physical activity:



How long have you been competing in your chosen sport:

Give a brief outline of the different sports you have engaged in:

What is your greatest sports-related achievement to date:



What is your greatest *non* sports-related achievement to date:

Why do you want to join the 2020 Athlete Development Scholarship Programme:



**Expression of Interest forms must be submitted no later than
5 p.m. Tuesday 10 March**

Apply now:

Andy Reid | Sport Development Advisor
andy@sportwellington.org.nz
027 422 2232

