

ACT Academy of Sport 2005 Interim Junior Rowing Scholarships

The ACT Academy of Sport is seeking applications from interested athletes to apply for positions as junior scholarship holders within the ACTAS rowing program. Scholarships will support successful candidates up until November 2005 and will be awarded on the basis of performance and predicted elite potential.

The scholarships are targeted at Yr11 and Yr12 students who have been rowing in club, school or sports institute/academy programs. Athletes who have been training at a rowing school will require a reference from their Rowing Master or Head Coach. The purpose of the scholarships are to provide a high-performance training environment to athletes with elite potential and to assist them to make the transition into club or state institute rowing programs.

Following the receipt of applications, potential candidates will be interviewed and may be required to undergo on-water and/or ergometer testing. All scholarship holders must complete a medical and physiotherapy screening before commencing their scholarship.

It is anticipated that up to four scholarships will be awarded (two male and two female).

OBJECTIVE CRITERIA:

- Athletes must be a resident of the ACT or surrounding region.
- Athletes must be a registered member of a rowing club or school within the ACT Rowing Association.
- Athletes should be currently in Yr11 or Yr12.
- Athletes at rowing schools must be supported in their applications by the Rowing Master/Head Coach.
- On-water results
 - NSW State Championships and/or National Titles.
- Ergometer results
 - general minimum standard for 2000m is 6:30 for boys, 7:30 for girls.
- Availability for training
 - On-water (5 sessions per week) ACTAS boatshed at Yarralumla. Generally weekday mornings and Saturdays.
 - Strength and Conditioning (2-3 sessions per week), ACTAS Strength and Conditioning Facility, Lynham. Generally afternoons.

SUBJECTIVE CRITERIA:

The NTC Head Coach may consider the following in the subjective assessment of scholarship candidates:

- Past performances.
- Performance, results and conduct over the 2004/05 season.
- Potential for performances in the 2005/06 season.
- Ability to train in a high-performance environment.

Following close of applications, interviews and testing, scholarship recommendations will be made by the NTC Head Coach to the Rowing Joint Management Committee (representatives from Rowing Australia, ACT Academy of Sport and the ACT Rowing Association) for ratification.

BENEFITS:

Successful candidates will receive the following support for their scholarship period:

- Boats and oars required for training and racing.
- Training rowing suit and ACTAS polo shirt
- Elite on-water and land based coaching.
- Access to ACTAS gym and strength and conditioning coaching
- Physiology testing
- Biomechanical testing
- Video analysis
- Financial assistance to enter regattas/competition
 - ACTRA Winter Trials.
 - ACTAS/AIS NTC Long Distance Time Trials
 - 2005 Youth Cup, Adelaide (September).
- Access to ACTAS service providers:
 - psychology
 - physiology
 - nutrition
 - athlete career and education counselling
 - soft tissue therapy (massage)

APPLICATION CLOSING DATE:

Applications should be forwarded to the ACTAS Head Rowing Coach (contact details below) by **5pm, Friday 1st April, 2005.**

FURTHER ENQUIRIES:

Should be directed to:

Gordon Marcks

Head Rowing Coach

ACT Academy of Sport

PO Box 90

Belconnen ACT 2616

Fax: 02 6207 4042

Tel: 02 6207 4393 (BH)

Mob: 0407 787270

Email: gordon.marcks@act.gov.au

2005 Junior ACTAS Rowing Program Scholarship Application

Name _____

Address _____

Contact Ph _____

DOB _____

Height _____

Weight _____

Club/School _____

Coach _____

Coach Contact Ph: _____

Summary 2005 Competition Results (attached sheet if insufficient space)

Best Ergometer Scores for 2004/05 season:

2000m _____ Date _____

6000m _____ Date _____

Signature of Parent/Guardian (if under 18) _____

Parent/Guardian Contact Details _____
