



Flinders
University

**SPORT &
FITNESS**

ATHLETE DEVELOPMENT PROGRAM



APPLICATIONS CLOSE 5 MARCH 2024

www.onesportandfitness.com.au/sport/



THE PROGRAM

The Athlete Development Program delivered by Flinders University Sport and Fitness is a sports training and athletic support program aimed to assist students in the pursuit of sporting and academic excellence.

In 2023 the program was delivered to 60 students across different sports.

In line with the interest in 2023, in 2024, 60 places will be offered within the program aimed at developing athletes, matching service provision and delivery with student athlete needs. The successful athletes will be provided with the opportunity to work with the highly qualified coaching and allied health staff in a well-equipped and supportive environment.

Affording them the best opportunity to combine study and sport to progress both successfully.

Flinders University is an Elite Athlete Friendly University (EAFU) and all athletes are encouraged to apply for elite athlete status, which is separate from the Athlete Development Program. This will assist you to balance your studies and your sport with the necessary academic support from the university. Apply at : www.flinders.edu.au/eliteathlete

OUR TEAM

Program Administration

Amy Moyce

Manger - Flinders University Sport and Fitness
amy.moyce@flinders.edu.au
08 8201 2459

Cameron Taeuber

Sport and Club Development Officer
cameron.taeuber@flinders.edu.au
08 8201 2408

Strength and Conditioning

Alex Hoskin

Masters of Exercise Sport Science
ASCA Level 2 Accreditation

Maddy Williams

Bachelor of Exercise and Sport Science
Advanced Aerobic Gymnastics Coach

Brad Hann

Bachelor of Exercise and Sport Science
ASCA Level 1 Accreditation

Callum Reed

Bachelor of Exercise and Sport Science
ASCA Level 1 Accreditation

Allied Health

Tim Morris - Physiotherapist

Masters of Physiotherapy (Musculoskeletal)
Bachelor of Applied Science (Physio)
Bachelor of Science (Hons)

Jacqui Beal - Dietitian

Bachelor of Nutrition and Dietetics (Honours)
Accredited Sports Dietitian
Certificate IV in Fitness

University Elite Athlete Contacts

Graham Fordham

Prospective Student Advisor
eliteathletes@flinders.edu.au
08 8201 3336

TESTIMONIALS

Jacob Aston – Athletics (Sprinting)

The elite level personalised coaching, in a friendly environment with other athletes is the part I enjoy most about the program, it makes coming into the gym feel even more worthwhile extremely enjoyable experience, and not make it not feel like a painful grind!

The program has allowed me to greatly develop my strength and power. Evidence of this is the consistent improvement and PB's I am able to get in my sprint times.

The trainers are immensely knowledgeable and always give me programs that I feel help me improve. Furthermore, they are always ready to adapt and change sessions, if need be. Most importantly, they are very approachable, nice and treat all athletes equally and with respect.

Holly Clark - Sport Aerobics

ADP has been an invaluable addition to my development as an athlete across the season. Not only have I seen considerable development in terms of my general strength, but the program has also helped me to work on and improve weaknesses which are result of previous injuries.

The highly knowledgeable trainers are able to build individualised and targeted workout programs, tailored to our own personal goals within our sport. They are also extremely dedicated to the athletes, checking on how we are feeling each session, and cheering us on before competitions.

The program creates a very supportive and encouraging environment which make sessions enjoyable to attend. ADP has given me a leg-up against my competition, as well as making me feel stronger in my own sport trainings.

Madelene McNeil – Tandem Track Cycling & Para Athletics

"Through my time in the ADP I saw big reductions in my athletics event times and improvements in my techniques and movement patterns. I was able to achieve my goal of competing at the Australian Athletics Nationals. Chris and Alex have helped me transfer my skills, speed and strength from athletics to track cycling as well as helping me through the psychological challenges and changes of switching sports. Within 6 months I was able to compete in my first cycling nationals, achieving national titles.

Balancing elite training, studying, work and life can be a huge challenge. I love the flexibility to work around my uni schedule, access to the gym 24/7 and allied health all in the one location. ADP at Flinders feels like being part of a community student athletes, going through the same challenges of balancing study and training. It's great to connect with other students who are equally dedicated to their sports and study."



WHAT WE OFFER

The Athlete Development Program aims to benefit students through unprecedented access to high level facilities and training environments with the support of our highly qualified staff. With four gym time slots a week, our strength and conditioning team can tailor their support to work with your current program and sporting coaches, or develop a program to suit your needs.

At an additional cost students can access our allied health professionals who can assist in assessing and managing new or existing injuries, or provide assessment of your nutritional and dietary requirements.

We ultimately aim to provide students the training and support not often accessible that is required to become improved athletes and achieve greater results within their chosen sport.



- Flinders University Sport and Fitness 24/7 Gym Membership
- Individual Strength and Conditioning Program
- Strength and Conditioning Facility Access and Coaching Sessions
- Funding assistance to compete at the UniSport Nationals

SELECTION GUIDELINES



Eligibility

- Must be an enrolled Flinders University student in 2024
- Studying on campus at the Bedford Park, Tonsley or Victoria Square
- Applications submitted by due date (C.O.B 7th March, 2024)

Criteria

- Demonstrated participation at a high level in your chosen sport (State/ National/ International). **Minimum state level.
- Demonstrated through past performance within the last 12 months or potential capacity, the ability to improve performance to a high level.
- Special consideration for athletes that currently do not have access to provision of services through their sport.

Please Note

- Previous selection into the program does not guarantee automatic selection in following years.
- Places in the program are limited to 60 students in 2024.
- It's an expectation that you attend at least one coaching session a week , reference coaching session timetable below

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:30-10:30AM		8:30-10:30AM	
	3:00-5:00PM		3:00-5:00PM