



UniSA SPORT

Athlete Development Program
Information Booklet

UNISA SPORT



University of
South Australia

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1. The Program

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

In 2022, 30 places will be offered within the program aimed at developing athletes, matching service provision and delivery with student athlete needs.

The program will be supported by students within the UniSA Allied Health & Human Performance Unit. The successful athletes will be provided with the opportunity to train under Exercise and Sports Science students who will be supervised by highly qualified UniSA Sport gym staff in a well-equipped and supportive environment. Affording them the best opportunity to combine study and sport to progress both successfully.



The University of South Australia (UniSA) is an Elite Athlete Friendly University and all athletes must successfully apply for Elite athlete status through Student Academic Services (SAS) - Campus Central. to be considered for this program, which is separate from the UniSA Sport Athlete Development Program. This will assist you to balance your studies and your sport with the necessary academic support from the university. For more details on obtaining Elite Athlete status please visit the [UniSA website](#).

2. Key Program Contacts

Program Administration

Deanna Kennedy

UniSA Sport Club & Participation Coordinator

deanna.kennedy@unisa.edu.au

(08) 8302 0477

Fitness & Strength and Conditioning

Sarah Fullston

Fitness Coordinator

sarah.fullston@unisa.edu.au

(08) 8302 1794

Mason Sleiman

ADP S & C Support Role

cityeastgym@unisa.edu.au

Allied Health- Physiotherapy, Podiatry & Exercise Physiology

UniSA City West

27-29 North Terrace, Adelaide

citywesthealth@unisa.edu.au

(08) 8302 0986

UniSA Magill

Magill campus E Building (Room E1-22)

magillhealthclinics@unisa.edu.au

(08) 8302 4013

UniSA City East

City East campus Level 8, Centenary Building
(Room C8-40)

physiotherapyclinic@unisa.edu.au

(08) 8302 2541

UniSA City East

Level 2 Centenary Building (Room C2-08)

Exercise Physiology Clinic

exercisephysiology.clinic@unisa.edu.au

(08) 8302 2078

UniSA Elite Athlete Register Contact

Campus Central

askCampusCentral@unisa.edu.au

1300 301 703

3. What We Offer

The UniSA Sport 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. Student led services delivered in strength and conditioning, are tailored to support your current program and sporting coach requirements or an individualised program can be developed.

In addition, students can access student led allied health services in the areas of physiotherapy, podiatry and exercise physiology who can assist in assessing and managing new or existing injuries.

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.



- UniSA Sport Full Access Facilities Membership (up to 12 month membership)
- Athlete Development Program Singlet
- Clinical Health and Fitness Assessment
- Movement Screening
- Individual Strength and Conditioning Program
- Allied Health Support – Physiotherapy, Podiatry & Exercise Physiology Services
- Priority access to funding assistance (from available pool of funds) to compete at the UniSport Nationals

4. Expectations of Program Participants

- Attend the induction session on 4 March
- Regular attendance at UniSA Sport health and fitness centres
- Attend a minimum of two fitness testing sessions during teaching breaks
- Commit to a minimum 25 hours of 1:1 Strength and Conditioning training with a UniSA Placement Student from March to October
- Promote and support UniSA Sport
- Be a UniSA Sport (Clubs and Events) member (free for UniSA Students)
- Represent UniSA at intervarsity events, may include SA Challenge and/or UniSport Nationals (if applicable to your sport and fits in with your current academic and sporting commitments)



5. Selection Guidelines



Eligibility

- Must be an enrolled student at the University of South Australia in 2022
- Must be on the Elite Athlete register at UniSA (separate application through SAS)
- Studying on a metropolitan campus or if studying online residing in Adelaide
- Applications submitted by due date, Sunday 27th February, 2022

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. SASI athletes may apply.

Please Note

- Places in the program are limited to 30 students in 2022.
- Positions in the program are expected to be competitive and selection will be based solely on the strength of the application and supporting information provided.