

NSW Sport and Recreation



# Talent support

Services and support available to young  
talented athletes in NSW



[www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)



# Budding stars of the future



Sport is part of Australian culture. For children and young people, it provides an excellent environment to build physical skills, discipline, respect, perseverance, friendship and, of course, to have fun. It can also contribute to a balanced active lifestyle which has long term positive health benefits.

Your child will probably want to play the same sports as their friends from school. Others may seek less common sports after seeing them on TV or perhaps trying them at a sports day.

Trying a range of sports during primary school years is beneficial as it allows children to identify the sports they enjoy and have success in. It also enables them to develop a range of skills, which may be transferable between sports.

If you're interested in getting your child involved in sport, start with your local club.

## Emerging talent

If your child has been identified as an emerging talent through school or club networks, then read on to better understand the journey they may take and the support available.

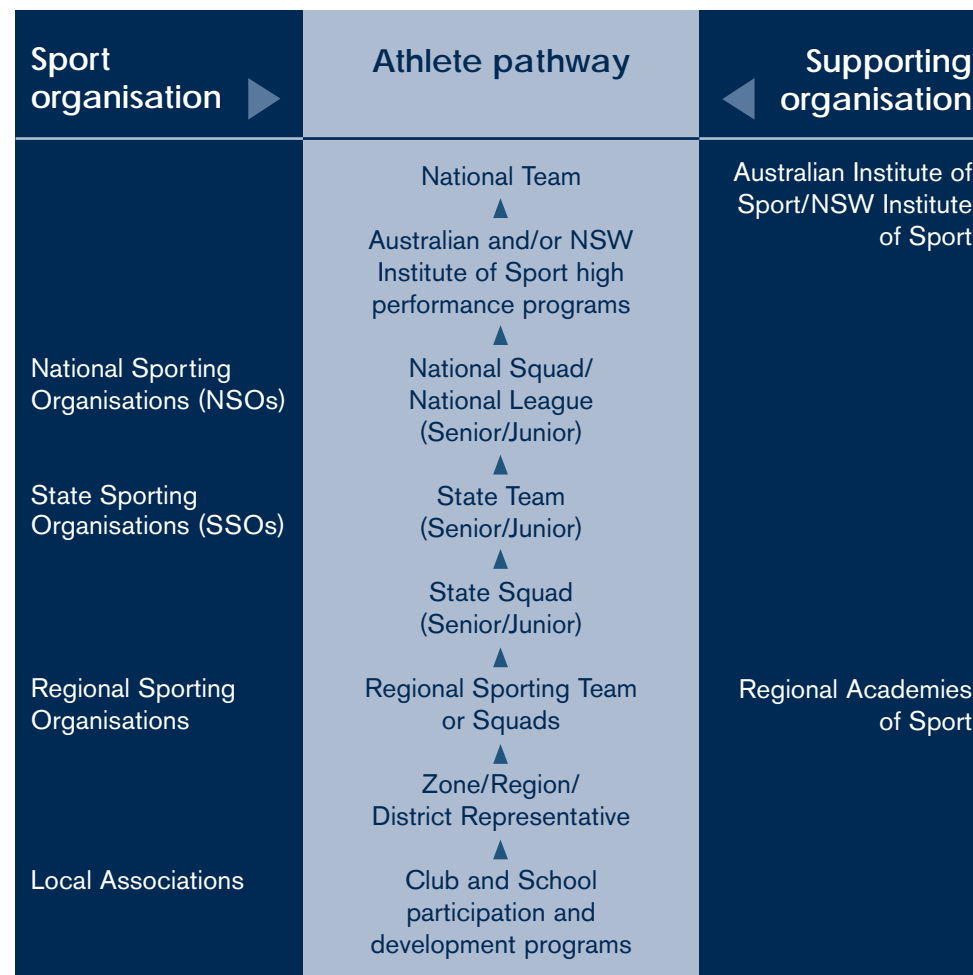


# Talent pathway in NSW



An understanding of the athlete pathway for your child's sport will help you to discuss their development with coaches and administrators.

Every sport is different and you'll need to find out from your state sporting organisation what the specific pathway is. The diagram below provides a broad overview of the athlete pathway in NSW.



# Services and support: What's available?

## State sporting organisation

State sporting organisations are the peak body for each sport in NSW. They provide links to affiliated local clubs, regional associations and the national body.

As your child progresses along the athlete pathway, your State Sporting Organisation becomes increasingly important. Support and services offered will vary from sport to sport, however most will assist with:

- Getting state teams to national championships
- State squad selection and training
- Coach development
- Athlete development camps.

## Scholarships

### Regional Academies of Sport

Across NSW the network of Regional Academies of Sport provide development programs to identified athletes. Once in an academy program, athletes have access to high level coaching plus a range of sport education and personal development programs.

Academies are community-based independent organisations supported by government, sport and business sponsors. Usually an athlete levy is charged to offset program costs like uniforms and travel.

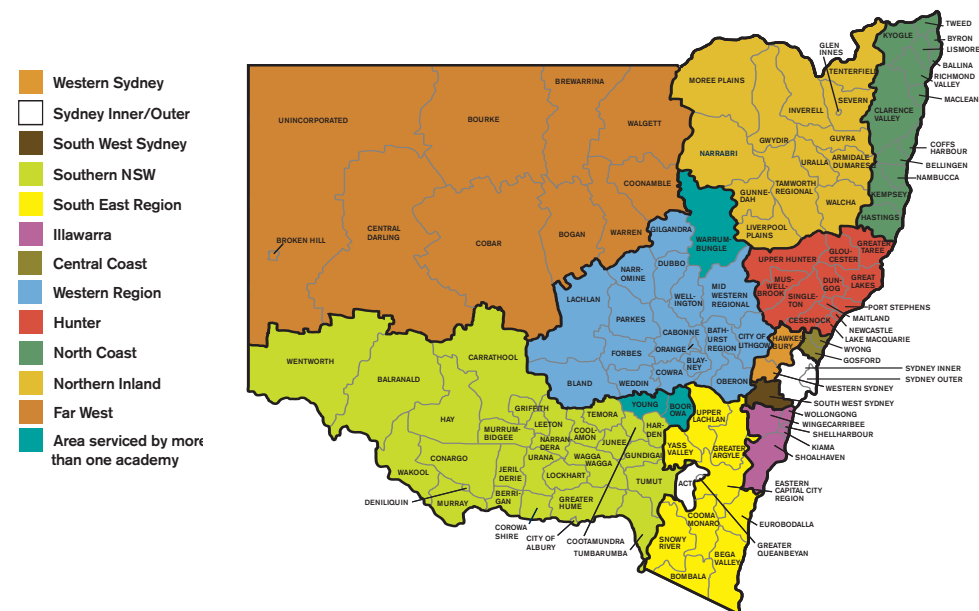
### What sports are offered?

The sports each academy supports varies, so contact your academy to find out more (see back cover). Academy training squads are usually sport-specific, however several academies also support individual athletes. If your sport is not included in the academy, then contact your state sporting organisation to find out about your sport's athlete pathway.

### How to get involved?

To be selected into an academy, most sports will require athletes to attend a selection trial. For information on the trials:

- Ask your local club
- Watch for announcements in local media
- Contact your local regional academy (back cover).



### NSW Institute of Sport

NSWIS provides internationally recognised programs, coaching and services to elite athletes. NSWIS supports over 700 athletes across 28 sports programs. Athletes receive specialist services including:

- Sport and performance psychology
- Career and education guidance
- Athlete professional development
- Sports science
- Medical services
- Performance analysis

To be selected into NSWIS, athletes must meet selection criteria for the particular sport. Often this will require athletes to be ranked on the world stage in their sport. For more information on NSWIS, visit [www.nswis.com.au](http://www.nswis.com.au)

## Grants and funding

### NSW Sport and Recreation

NSW Sport and Recreation offers four grant programs to support athlete development:

#### Country Athletes Scheme

An annual program that helps talented young athletes from country areas of NSW cover the cost of accessing training, coaching and competitions.

#### Country Coaches and Officials Travel Scheme

An annual program that helps coaches and officials from country areas of NSW take part in education courses that assist them gain or maintain required accreditation.

#### Far West Travel Scheme

A bi-annual program that assists not-for-profit sport and recreation organisations and individuals from far west and remote NSW cover the costs of travel to competitions and events.

#### Athletes with a disability

An annual program that assists high performance athletes with a disability access training, competition and sports science.

More information on each of NSW Sport and Recreation's grant programs, including applications, visit [www.dsr.nsw.gov.au/finance](http://www.dsr.nsw.gov.au/finance).

### Local sponsorship

Developing athletes can try to find a local business to sponsor them. When approaching a potential sponsor, it's a good idea to prepare a professional package outlining:

- Athlete achievements and future goals
- Athlete support needs
- Benefits of the sponsorship to the business.

## Drugs education

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Once your child has been identified as having talent, they will receive age-appropriate information about drugs in sport and sports drug testing from their State

Sporting Organisation or Regional Academy of Sport. The Australian Sports Drug Agency's website provides comprehensive information on drugs in sport [www.asda.org.au](http://www.asda.org.au).

## Sports High Schools

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There are a number of Sports High Schools in NSW that provide opportunities for students who have the potential to reach elite level. The schools have flexible academic programs that assist developing athletes meet their training, competition and academic requirements.

For more information visit the NSW Department of Education and Training web site [www.schools.nsw.edu.au](http://www.schools.nsw.edu.au).

## Development camps

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A wide range of development camps are available to talented athletes across NSW. Camps are conducted by a range of providers, including commercial operators and sporting organisations, so it's best to check with your state sporting organisation for options.

One type of development camp regularly offered by NSW Sport and Recreation is the Talented Athlete Program (TAP). TAP is sport-specific and aims to enhance sporting performance. It involves top level coaching, physiological assessments and educational programs. For information on upcoming camps, contact the Sydney Academy of Sport and Recreation on (02) 9454 0222.

## Sports science testing

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Sports science testing services are available to athletes through NSW Sport and Recreation's Sydney Academy of Sport and Recreation. Services available include basic field testing through to advanced physiological testing. Biomechanical and physiological assessments assist athletes and coaches with training and long term development of the athlete.

The Sydney Academy of Sport and Recreation is located at Narrabeen, however most services can be delivered at a location suitable to the client. For information and prices, contact the Academy on (02) 9454 0222.

# Regional Academies of Sport

## Regional NSW

**Central Coast (Mingara)** Ph: 4349 7756, [www.thinksport.com.au](http://www.thinksport.com.au)

**Far West** Ph: 6836 2978

**Hunter (Newcastle)** Ph: 4926 4892, [www.hunteracademy.org.au](http://www.hunteracademy.org.au)

**Illawarra (Wollongong)** Ph: 4283 5611, [www.illawarraacademy.org.au](http://www.illawarraacademy.org.au)

**North Coast (Lismore)** Ph: 6620 3073, [www.ncas.org.au](http://www.ncas.org.au)

**Northern Inland (Tamworth)** Ph: 6766 2526, [www.nias.org.au](http://www.nias.org.au)

**Southern (Wagga)** Ph: 6931 6500, [www.southernsportsacademy.org.au](http://www.southernsportsacademy.org.au)

**South East (Queanbeyan)** Ph: 6297 7210, [www.seras.org.au](http://www.seras.org.au)

**Western** Ph: 6338 4821

## Sydney

**South West Sydney (Campbelltown)** Ph: 4627 7622, [www.swsas.org.au](http://www.swsas.org.au)

**Western Sydney** Ph: 9890 2822

## Other contacts

**NSW Sport and Recreation** Ph: 13 13 02, [www.dsr.nsw.gov.au](http://www.dsr.nsw.gov.au)

Please note: contact details for all State Sporting Organisations can be found at this website.

**NSW Institute of Sport** Ph: 9763 0222, [www.nswis.com.au](http://www.nswis.com.au)

**Australian Sports Commission** Ph: 6214 1111, [www.ausport.gov.au](http://www.ausport.gov.au)

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