



Australian Government
Australian Sports Commission

ATHLETE CAREER AND EDUCATION

ENHANCING YOUR SPORTING LIFE



Athlete relocation guide – Rowing
ausport.gov.au/ace

Introduction

As an athlete you may need, or choose to, move interstate to pursue your rowing career. You may have been selected by Rowing Australia, the AIS or your state institute/academy to join a crew in another city.

Planning and prior consideration of a number of factors involved in the possible relocation will contribute to your ultimate success and wellbeing, so think carefully. Familiarising yourself with a new environment, the change in lifestyle and developing relationships takes time and patience.

This guide outlines factors that should be addressed prior to finalising a decision to relocate, including:

- what support will be available
- financial issues
- moving logistics
- education impact
- employment
- other medical and health issues.

Also included in the guide is information on:

- yearly planners
- organising your university studies (if applicable)
- rowing contacts
- Athlete Career and Education contacts.

If you have any questions as you read through this booklet, contact your Athlete Career and Education (ACE) adviser in your home state.

If you are unsure of who to contact, call National Athlete Career and Education on (02) 6214 1144 or email ace@ausport.gov.au and you will be directed to the appropriate contact.

Athlete Top Tips

- Get your calendar organised – have it at home, study and work
- Education – talk to your lecturer/unit coordinator before the start of semester and advise them of a possible move
- Employment – if working, advise your employer at the beginning of the season, and work through your calendar of possibilities
- Be solution focussed – provide options to deal with study/work rather than expect others to resolve things for you
- Work as hard as you can to demonstrate your commitment.

Darryn Purcell, (QAS, AIS and National Senior squad) moved from Queensland to Victoria to Tassie and back, while studying and now working.

National Rowing Centre of Excellence planner

Here is the link to the NRCE 2009–2012 calendar

http://www.rowingaustralia.com.au/hp_calendar.shtm

Check regularly to ensure you know what is happening, and when and what you need to plan for.

Athlete check lists

Athletes can go through the following check lists to help:

- identify what needs to be considered
- develop appropriate actions.

Overview of relocation – SIS/SAS/AIS involvement

Rowing program

- 1 What form of SIS/SAS/AIS scholarship will you be seeking (for example, residential, full, associate, etc.)?
- 2 How long will these arrangements continue?
- 3 Will you require a medical screening prior to accessing services (for example, the gym)?
- 4 Do you require a copy of your medical screening paperwork from your SIS/SAS/AIS?
- 5 Is NSO/SSO approval required for relocations or scholarships? Who will be responsible for the appropriate paperwork?

Your notes:

Board/accommodation/travel/day-to-day living

- 1 What type of accommodation will you require (for example, flat, family home)?
- 2 Who will find this accommodation?
- 3 Are there any accommodation options currently available? Have you spoken to your sports program? Has the coach made any arrangements? Do other athletes have spare beds? Are there any athletes leaving the state who you could life/house swap with?
- 4 What travel needs will you have at your new location?
- 5 How will you ensure your preferred options are available? How long will this transfer be for?

- 6 Have you ensured that you have access in the new location to a washing machine, landline phone, cooking facilities and the internet?
- 7 Is there any rent assistance available from AIS/SIS/SAS or Centrelink?
- 8 What do you think your new living situation will be like (for example, from living at home to flatting)?
- 9 Will you have access to normal services (for example, dentist, doctor, chemist, hairdresser, shops)? If not, how will you identify and access these services?
- 10 Do you have a workable time-management plan?

Your notes:

Financial support

- 1 What costs should be considered and who will cover them?
 - travel to and from the new location
 - movement of furniture/belongings
 - rent, bond
 - food
 - electricity, telephone
 - local transport
 - educational expenses (books, fees, etc.)
 - other (entertainment, etc.).
- Note:** In most cases, the athlete and/or parent/s will cover costs.
- 2 What position are you and/or your family in, to be able to financially support you once relocated?
- 3 Are you entitled to any grants or allowances? Who will check?
- 4 Are there any camps arranged by the coach that require payment?

Tip:

- If Rowing Australia or the AIS/SIS/SAS pay for the relocation bill to the location and then home, keep track of petrol bills and excess baggage charges if flying.

Your notes:

Education

You may be expected to relocate for the year, or it might be short term. Consequently, if planning to study, you will need to plan ahead with your education provider.

- 1 Does the changed training affect availability of study time?
- 2 What arrangements should be made concerning study (for example, course transfer, campus changes, off campus/online study options)?

Issues to consider for short-term moves include:

- completing subjects already commenced
- contacting lecturers/staff to advise and get assistance
- arranging invigilator for exams (ACE advisers can help with this in some circumstances) or seeking supplementary exams and the procedure for this
- arranging an alternative assessment (for example, alternative to group projects).

Also refer to the later section on organising your university studies.

- 3 Points to consider in your new location include:
 - Will you have access to a computer and library for study purposes?
 - Will the new living arrangements impact on study time?
 - What strategies/assistance will you have if you find yourself distracted from studies by the new environment?
 - Will travel time between uni/TAFE and training have an impact? Will it be via public transport or car? Who will drive?
 - Do you know how to get around your new environment? Should you purchase a satellite navigation device or street map?

Tips:

- Talk to your lecturer/unit coordinator before the start of semester and advise them of a possible move. You can do this through SIS/SAS ACE personnel or your Elite Athlete Friendly University representative.
- Understand the required assessment of each subject (there should be published early).
- Go to your lecturer/unit coordinator with your solution of how to manage the scheduled assessment pieces.
- Move up the chain of command to try to get what you want.
- Get any agreements in writing.
- Befriend some of the unit coordinators. When you are at home, take the time outside of lectures and tutorials to talk to them about assignments. Show that you are interested and committed to the course.
- Rowing Australia can provide a letter if required.
- **Your notes:**

Employment

Rowing Australia can provide a letter for athletes who are selected to train in a national squad interstate. This can be used to inform employers of your situation and highlight selection/relocation timelines.

- 1 Will you have time to work and earn an income in your new location? Will you need to work part or full time? What area?
- 2 Is it possible to continue working remotely (online)?
- 3 Do you need to fundraise money to help support your training and competition expenses while relocated?
- 4 Do you work for a franchise company? Will they allow you to temporarily transfer stores while relocated?
- 5 Do you or your family/friends have contacts that may lead to employment?

You should:

- notify and arrange leave from your place of employment as soon as possible
- update your work résumé and save a copy to your personal email account and USB device
- scan or copy any relevant certificates, qualifications, results notices and save them to your personal email account and USB device
- research and investigate potential work opportunities in your new location.

Your ACE adviser can assist you in developing a résumé and improving your interview techniques before departing.

Tips:

- Advise your employer at the beginning of the season (at least three months before the move) of what you are attempting to achieve and its potential impacts. Take them along for the ride, making them feel a part of your team. Show them all your training camps, testing weeks, events, relocated times, etc. on a visual calendar. Tell them your solution for the challenges and how to deal/manage it. Ask advice from a trusted colleague before approaching your direct boss.
- Work as hard as you can when you can to show your commitment.

Your notes:

Other issues

Support:

- 1 Who can you access to discuss any problems/concerns?
- 2 Will you be leaving any significant relationships at home? How will you manage this? If involved in a long-term relationship, would it be feasible for them to also move?
- 3 How often could you return home to visit family and friends?
- 4 What will be the procedure if your agreed performance outcomes or behaviour are not meeting expectations?
- 5 Your new coach may have a very different communication style. How will you respond to this if it creates conflict?
- 6 Do you have any special medical needs (for example, associated with injury, disability, general health)? How will you manage this?
- 7 What are the implications of you wishing to return home earlier than expected or after a short time?

A successful relocation

Alice McNamara – relocated from Melbourne to Sydney 2007, 2008 and 2009

VIS, LW2x 2009, LW4x 2008, 2007

With the help of VIS and NSWIS ACE, I planned ahead to work out the best way to attack uni study. This is important for rowing because you need to be ready to possibly relocate year on year on year. The long-term balance can only be achieved if you plan ahead.

I was able to continue with my studies in Bachelor of Commerce/Science at the University of Melbourne. Our ACE advisers liaised with the university staff in coordinating assessments and scheduling exams. I was able to sit them where my crew was based – multiple times at NSWIS and once in Varese, Italy.

The university staff were more accommodating when they could see that I was holding up my end of the deal and putting in the work from the Sydney end, with the help of online and audio resources. The ACE advisers were great at negotiating and discussing with the Elite Athlete Friendly University (EAFU) contacts when needed. This allowed me to continue a 2–3 subject load and keep my degree progressing close to on track.

I also obtained some part-time work through rowing contacts at the University of Sydney. Working made relocating financially viable and, more significantly, gave me some social contacts outside of rowing and a productive way to use the time off in the middle of the day.

I would recommend making the most of ACE as a valuable resource – just ask!



Further education information

If you are studying at university

To ensure that your university studies are organised prior to relocating, you will need to:

- apply to university if this will be your first year at university or if you are transferring your current degree to another university
- discuss with your current university course convenor the options of a longer term change, or a shorter term relocation
- complete and submit all forms associated with your study option
- get your current university course convenor to sign off/approve the option.

Options

1 Apply to university

- a) if you wish to commence this year as a first year student
- b) if you are transferring your degree to another university.

This means that you will have to apply through the appropriate university admissions centre or submit a direct application to the university (depending on the course/university).

Closing dates for on-time applications are by no later than 30 September for Semester 1 of the following year, or between April and June for Semester 2, after which you will incur a late fee and even possibly miss out on a main round offer.

You will need to check with the appropriate admission centres to confirm dates and applications processes.

Admission centres

- Western Australia – www.tisc.edu.au
- NSW and ACT – www.uac.edu.au
- Northern Territory – www.cdu.edu.au is through www.satc.edu.au
- Queensland – www.qtac.edu.au
- South Australia – www.satc.edu.au/
- Tasmania – www.utas.edu.au including the www.amc.edu.au
- Victoria – www.vtac.edu.au
- National – www.open.edu.au/wps/portal

Please ensure you check:

- if there are any Special Consideration Elite Athlete Programs available at the universities you are applying to
- if you are eligible for any academic or sporting scholarships.

2 Continue with current enrolment at your current university

This may mean that you will have to discuss and organise with your current course convenor one of the following options:

- **Flexible study** – check to see if your university is flexible, even if they are not a distance education provider.
- **Distance education** – completing subjects through an off-campus mode offered at your current university that could be credited as core units or electives.
- **Online subjects** – completing subjects that are offered online at your current university that could be credited as core units or electives.
- **Cross-institutional** – completing subjects at a different university or through an external provider (for example, Open Universities Australia) and having the units credited directly to your home university degree. Contact your ACE adviser for a cross-institutional fact sheet for further information.

Consider the following points before making a final decision

- SIS/SAS and AIS Rowing scholarships are only offered on an annual basis. A continuation of a scholarship in future years is subject to an athlete fulfilling the sport program's expectations.
- Cross-institutional study may not be approved by your home university for a number of reasons, therefore it is advisable that you have a second option.
- Cross-institutional study is generally not approved for first-year students, therefore it is advisable that you have a second option.
- There is no guarantee that you will be offered a place if you are transferring your degree, nor that your scholarship will continue after 12 months, therefore it is advisable that you have a second option.
- If transferring your degree to another university, there is no guarantee that the new university will award credit for all subjects completed at your current university.

If you find that your course convenor is not providing you with the assistance that you require, then it may be worth contacting the following university officers:

- Head of Faculty
- Elite Athlete Friendly University contact at your university.

www.ausport.gov.au/participating/career_and_education/university_network

Your notes:

2010 INTEGRATED PLANNER:

Athlete to complete with all sporting and academic commitments.

		Major events (Competitions/training camps, etc.)	Education/work commitments – key dates (exams, assignment/work deadlines, holidays, etc.)	Highlight areas of conflict	Strategies to resolve conflict
Key		Definite commitments	Possible commitments		Conflict resolution strategies
Jan	1				
	15				
Feb	1				
	15				
Mar	1				
	15				
Apr	1				
	15				
May	1				
	15				
Jun	1				
	15				
Jul	1				
	15				
Aug	1				
	15				
Sep	1				
	15				
Oct	1				
	15				
Nov	1				
	15				
Dec	1				
	15				

Rowing contacts

National Rowing Centre of Excellence

Phone +61 2 6260 4724

www.rowingaustralia.com.au

c/o AIS Rowing, PO Box 176 BELCONNEN ACT 2616

Location: AIS Boatsheds, Alexandrina Drive, Yarralumla, ACT 2600

Rowing NSW

Tel: +61 2 8116 9777

www.rowingnsw.asn.au

PO Box 265, Concord West NSW 2138

Location: 6A Figtree Drive, Sydney Olympic Park, HOMEBUSH BAY NSW 2140

Rowing Queensland

Tel: +61 7 3842 1200

www.rowingqld.asn.au

PO Box 3575, South Brisbane QLD 4101

Location: Davies Park Rowing Precinct, 150 Jane Street, WEST END QLD 4101

Tasmanian Rowing

Tel: 0419 323 533

www.rowingtas.asn.au

PO Box 912, Launceston TAS 7250

Rowing Victoria

Tel: +61 3 9820 8888

www.rowingvictoria.asn.au

Location: Suite 13, 20 Commercial Road, MELBOURNE VIC 3004

South Australian Rowing

Tel: +61 8 8242 3288

www.rowingsa.asn.au

Location: 100 Military Road, WEST LAKES SA 5024

ACT Rowing Association

Tel: 0402 721 077

www.rowingact.org.au

Location: ACT Sports House, 100 Maitland Street, HACKETT ACT 2602

Rowing WA

Tel: +61 8 9364 3905

www.rowingwa.asn.au

Email: executiveofficer@rowingwa.asn.au

ACE contacts

National ACE

Contact: Dr. Nathan Price or Alison Childs
Tel: +61 2 6214 1144
Email: ace@ausport.gov.au
PO Box 176 BELCONNEN ACT 2616

AIS ACE

Contact: Sharyn Arnold
Tel: +61 2 6214 1745
Email: sharyn.arnold@ausport.gov.au
PO Box 176, BELCONNEN ACT 2616

ACTAS ACE

Contact: Fred Flanagan
Tel: +61 2 6207 4390
Email: fred.flanagan@act.gov.au
PO Box 90, BELCONNEN ACT 2616

NSWIS ACE

Contact: Lynn Fowlie
Tel: +61 2 9763 0292
Email: lynn.fowlie@nswis.com.au
PO Box 476, SYDNEY MARKETS NSW 2129

NTIS ACE

Contact: Liz Grylls
Tel: +61 8 8922 6851
Email: liz.grylls@nt.gov.au
PO Box 40844, CASUARINA NT 8011

QAS ACE

Contact: Lawrie Fabian
Tel: +61 7 3872 0257
Email: Lawrie.Fabian@Communities.qld.gov.au
PO Box 956, SUNNYBANK QLD 4109

SASI ACE

Contact: Brendan Tammo
Tel: +61 8 7424 7632
Email: brendan.tammo@sa.gov.au
PO Box 219, BROOKLYN PARK SA 5032

TIS ACE

Contact: Stewart Pither
Tel: +61 3 6233 3006
Email: stewart.pither@tis.tas.gov.au
PO Box 93, PROSPECT TAS 7250

VIS ACE

Contact: Bernadette Sierakowski
Tel: +61 3 9425 0062
Email: bernadette.sierakowski@vis.org.au
PO Box 12608 A'Beckett Street, MELBOURNE VIC 8006

WAIS ACE

Contact: Jenny Marsh
Tel: +61 8 9387 8166
Email: jmarsh@wais.org.au
PO Box 139, CLAREMONT WA 6910

Athlete Career and Education (ACE)

Who we are and how we can help:

Integrating education, employment and a personal life with an elite sporting career is a challenge. The ACE program assists elite athletes to achieve sport and life goals through integrating learning, work and sports performance.

Some of the things we can assist you with:

- career counselling and planning
- personal development training courses
- educational guidance
- employment preparation
- career referral networks
- transitional support
- lifestyle management.

Enhancing your sporting life

ausport.gov.au/ace

Thank you to the athletes, AIS and state/territory institutes and academies of sport, and the National Rowing Centre of Excellence for contributing to this guide.