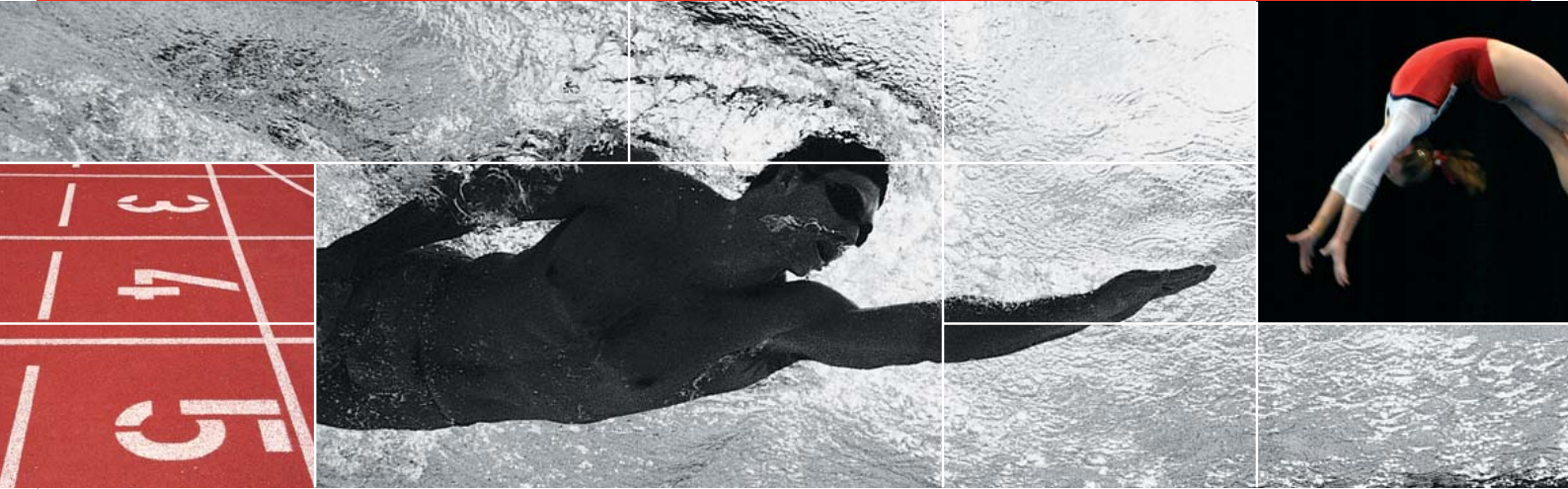




Australian Government
Australian Sports Commission



AUSTRALIAN
INSTITUTE OF SPORT



ABOUT THE AIS ATHLETE CAREER AND EDUCATION PROGRAM

Congratulations

Joining an elite sporting program at the Australian Institute of Sport (AIS) is an exciting time in your life, and a unique opportunity to pursue your sporting, career and education goals.

The AIS, in partnership with state and territory institutes and academies of sport, works closely with athletes, coaches, and the sporting organisations that support them, to ensure our top sportspeople have every chance of achieving excellence in their sport, career and education.

What is the Athlete Career and Education program?

The Athlete Career and Education (ACE) program helps you, as an athlete, identify career and education plans to progress during your athletic career to prepare you for life after sport.

ACE has qualified advisers who can help you balance your life and achieve your goals through integrating learning, work and sports performance.

Meeting expectations

As you prepare to make the move to the AIS Canberra residential program, here are some important things to keep in mind.

- > Studying or working at the AIS:
 - School-aged athletes on scholarship are expected to study full time towards their Year 12 Certificate
 - Athletes who have completed Year 12 are expected to maintain an appropriate life balance and work towards a career after sport, which includes continuing education, vocational studies or part-time work.
- > Many elite athletes face the challenge of integrating their sport with other aspects of their lives, and balancing multiple commitments. This may include:
 - striving for competitive success while also studying or working towards longer-term career aspirations
 - meeting varied expectations of coaches, medical and science/technology personnel, sponsors, media and the public, and managing associated pressures.

How ACE can help you

Being able to balance your life — making space for education or a professional career alongside elite sport — can help you achieve your sporting goals. More than 3000 elite athletes have access to the national ACE network each year. Many athletes who participate in the ACE program report better sporting results when they are achieving in their studies or pursuing a career outside sport.

As a new scholarship holder entering an AIS residential program, you will be assigned an ACE adviser to help you develop a personal career and education plan and access the support and assistance you need to complete the steps in your plan, including assistance with balancing the many commitments in your life.

I was a much happier student and a happier athlete when I was doing the two together.

Heath Francis, Paralympic athlete

ACE services

Everyone's story is different. ACE will tailor a program to your unique situation, drawing from the range of available ACE services.

While in the midst of my career I didn't understand the importance of balance. I wish I had, because I truly believe it would have made me a better athlete.

Daniel Kowalski, two-time Olympic medallist (swimming)

Educational services

Completing an education at the same time as training for elite sport is challenging, but athletes who successfully integrate their studies and training can achieve excellent results in both areas. Those who continue their education during their high performance sporting career often feel more comfortable embarking on their life and career after sport.

ACE can:

- > provide support through all stages of your education
- > help you choose and apply for courses and assist you in planning ahead in your studies to identify any clashes with competition
- > provide you with specialised/specialist contacts within both school (AIS liaison teachers) and university (Elite Athlete Friendly University network contacts) who can help you combine sport and study (for example, if you are away due to your sport and require an extension)
- > assist with technical and further education such as apprenticeships and traineeships, short courses for particular skill or knowledge development, applications for scholarships in Australia and overseas, as well as ongoing campus or distance-based education.

One great way to give yourself a head start in life is to study, whether it is full time, part time or by correspondence. Every subject that you do now is one less that you will have to do when you retire from sport.

Chris Fydlar, general manager, technology firm and Olympic gold medallist (swimming)

- > through the AIS Study Hall program, provide extra organisational and academic support to help you successfully balance school and sporting requirements and achieve your academic potential.

Study hall made balancing my training commitments, studies and travel easy. I was able to access support from tutors who specialised in the areas I needed help in when I needed it. It also gave me time for schoolwork and planning my assessments, which meant I could focus on my sporting goals when I needed to.

Lexie Feeney, Olympic athlete (archery) and studying a Bachelor of Economics and Commerce

Career and employment services

Sport is your main priority right now, but it is also a good idea to think about and plan for other options down the track. Having a Plan B for life after elite sport is important for your future and your ongoing wellbeing. Your Plan B might still involve sport in some other way or you might have other interests that are completely different.

When it is time to explore career options, ACE can provide career guidance and planning to help you identify pathways and strategies to achieve your career goals.

ACE staff can also help with writing résumés and job applications or assist with job search skills.

I asked the ACE crew, 'Once the swimming is over what do I do?' They answered, 'What are your interests?' I told them and they came back to me with a list of courses I could do and that's what I've followed through.

Sam Bramham, Paralympic swimmer

ACE has helped me in many ways, from getting CVs organised to helping with sponsorship proposals.

Darren Balmfort, Olympic medallist (rowing) and lobster fisherman

Personal development and life balance services

There are many demands on elite athletes beyond the track, field or pool that ACE can help with, including:

- > assisting you to develop public speaking, presentation and media skills through workshops run by specialist consultants, or assist you directly with interview skills
- > assisting you to develop time management, study skills and financial planning
- > referring you to other services such as psychologists, relationship counsellors, tutors and financial advisers.

Attending many of the workshops helped me to be a healthy, happy person and cope with the stress of my many commitments.

Simone Liddy, Northern Territory Hockey and intern pharmacist at Royal Darwin Hospital

Transition services

- > Changes or 'transitions' for athletes range from small to large — from a new coach, education, a new job or home, to changes related to injury or retirement (which for elite athletes can be as early as your 20s). ACE advisers understand that changes affect people in different ways and can help make these transitions a little smoother.
- > ACE can assist you with education and vocation planning through these changes and also refer you to specialists to support you through difficult times related to injury, retirement and homesickness.
- > ACE provides support to help you make the transition into and out of Canberra and can also assist with setting goals for life after sport.

The ACE program has helped me balance my gymnastics, schoolwork and training. It has helped me understand my options for my career path and life after gymnastics. I would sit down with an ACE adviser to go through the opportunities and prospects that were out there for me.

Stephanie Moorhouse, marketing administrator and Commonwealth Games medallist (gymnastics)

Online services

ACE Online assists athletes who are in rural or remote areas or travelling overseas. This interactive website helps you explore your career, education and personal development needs during and after your sporting career.

I use ACE Online a lot as it has great information to help me balance my love of playing netball with my school work. Being from Alice Springs I find ACE Online really useful to support me in between visits from my ACE adviser — that way I have access to ACE 24/7.

Caley Pannel, NTIS Netballer