



Australian Government  
Australian Sports Commission

# ACE

## ATHLETE CAREER AND EDUCATION ENHANCING YOUR SPORTING LIFE



*My studies kept me grounded, and I actually got my best results at uni when we were travelling with the team. For me it's no good if my coach demands that I be a full-time athlete. I know I perform better when I have another focus besides my sport. It keeps me grounded and gives me the perspective that I need to stay sane!*

**Amber Halliday, former Olympic rower, now cyclist**



*I don't think there has ever been a time when I had to choose between studying and training. I've always seen them as really symbiotic. I found that they actually work incredibly well together and I was a much happier student and a happier athlete when I was doing the two together.*

**Heath Francis, Paralympic athlete**

## EDUCATION

Completing an education at the same time as training for elite sport is challenging. However, comprehensive research and testimonies tell us that athletes who successfully integrate their studies and training can achieve excellent results in both areas.

Furthermore, athletes who continue education during their careers as high performance sportspeople often feel more comfortable embarking on their life and career after sport.

Currently, Year 12 (or equivalent) is considered by business and society the minimum educational level to ensure long-term employment. Qualifications beyond this, along with work experience, ensure your competitiveness in the job market.

ACE advisers can help you work out a schedule that allows you to keep up your studies without compromising your sporting goals. We can liaise with schools, TAFEs and universities to work with you to find a solution that suits your needs.

The Elite Athlete Friendly University program is an example of a national approach to meeting the flexibility that athletes require.

Our advisers provide support for athletes through all stages and forms of education:

- primary school: for gymnasts, for example
- secondary school: Years 7–10 and Years 11–12 (which may be stretched over three years)
- technical and further education: apprenticeships and traineeships, for example
- university: campus-based and distance education
- short courses for particular skill and knowledge development.

ACE is also here to offer advice and guidance on finding the right courses, and we can assist with applying for educational scholarships in Australia and overseas.