



Illawarra Academy of Sport

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2010 CYCLING SQUAD SCHOLARSHIP NOMINATION INFORMATION

Program Benefits

The Illawarra Academy of Sport is an independent sporting organisation that provides the opportunity and encouragement for talented athletes to achieve excellence in sport.

The scholarship program is based on developmental activities which will enhance progress to higher levels within cycling. Scholarships are offered for a twelve-month period, and scholarship athletes are expected to attend these sessions in addition to club and representative commitments.

The majority of sessions scheduled include training rides, education sessions based on cycling technique, tactics and bike maintenance. Athletes would be expected to attend targeted road and track races prior to specialising. Weekly training diaries are also to be kept and sent to the head coach each week.

The 2010 cycling program will consist of coaching and education sessions as well as group tours to attend competitions outside of council regions.

Sponsors & Supporters

The Academy cycling program is supported by NSW Cycling, NSWIS, Raine & Horne Wollongong, Roadworx, Novotel, NRMA Bowral & Katoomba and a host of equipment suppliers.

Costs

The Academy and sponsors cover the majority of costs associated with the program. Scholarship holders are, however, required to contribute to some components of the program such as uniform and travel for any tours or camps. The cost to scholarship holders in 2009 was no more than \$200, this included tours, uniform and some racing equipment.

Eligibility

To be eligible for a Scholarship, athletes must:

- Reside within the Southern Council Group (SCG), Wollongong, Shellharbour, Kiama, Shoalhaven and Wingecarribee
- Be a playing member of a cycling club affiliated with NSW Cycling.
- Age requirement: must turn 14-18 years during the 2010 calendar year.
- Special consideration may be given to riders outside the eligible age, subject to the approval of the IAS board.

Selection Criteria

Satisfy the eligibility criteria and selection process;

- Demonstrate through past performance and/or potential, the ability to reach or exceed a top 5 place at NSW Ch'ships within 12 months.
- 1st year athletes (and parent) be available to attend a short interview one evening in April.
- Demonstrate dedication to improving performance.
- Display an ability to apply coaching & technical instruction.

Selection Process

Stage 1 - Nominate to trial	Open until Monday 8 March	IAS website
Stage 2 - Invitation to attend trial	Thursday 11 March	via SMS & Email
Stage 3 - Attend trial	Sunday 14 March	Don's Farm (Dapto)
Stage 4 - Invitation to interview (1st Yr Athletes Only)	Late March	via SMS & Email
Stage 5 - Attend interview	Early April	Warilla Bowls & Rec
Stage 6 - Notification of scholarship offer	Mid April	via Post & Email
Stage 7 - Sign agreement accepting scholarship terms	End of April	return via Post
Stage 8 - Attend athlete induction	Sun 2 May 2010	University of Wollongong

To submit a nomination form please visit:

www.ias.org.au