

NTIS - ATHLETE SINGLE SPORT GUIDELINES

25 August 2005

The purpose of this guideline is to inform athletes the need to communicate to their coach about all their physical activities they participate in so coaches can plan the athlete's physical program and receive written permission to do so. This also provides a guideline for coaches to follow when an athlete on scholarship is participating in other physical activities or is going to.

In recognition of the fact that for an athlete to have the greatest opportunity to succeed in the sport in which they are accepted for scholarship, the athlete and their coach should agree to have that sport as their absolute focus for the full term of the scholarship. To reinforce this the NTIS does not grant scholarships in more than one sport.

In many cases coaches will incorporate, as part of their plan, a degree of "cross training" which may involve athlete participation in a second sport or sporting activity. All the following does NOT apply to this scenario as "cross training" will be part of the coach's annual plan and hence the coach will be fully aware of athlete's participation in this "second" sport and is "incorporated and defined as part of the NTIS program".

Prior to gaining an NTIS scholarship it is important the athlete declares to the Head Coach, their current involvement, or intended involvement (if known), in any additional sporting activity during the term of their scholarship.

The NTIS recognises that for the purposes of "keeping fresh" or acquiring different skills, an athlete during their scholarship term may occasionally participate, or desire to participate, in any additional sporting activity. Such participation will only be accepted if agreed to by the Head Coach, under the conditions laid out by the Head Coach prior to the activity starting and should be in writing. Failure to obtain permission may result in sanctions under the NTIS Behaviour and Discipline Action Policy.

Any injury sustained by an NTIS athlete outside of the athlete's NTIS program that has not been sanctioned by the NTIS coach in writing is not covered under the NTIS Athlete Scholarship Agreement. These injuries will need to be managed at the athlete's own cost.

For the coach

As a guide, if the any additional sporting activity were one that involves being selected for a Territory team in the "other" sport would clearly indicate to the NTIS that a considerable commitment is required in this sport. However any additional sporting activity that requires absence from NTIS/club/NTSO commitments in the athletes' Scholarship Sport should also be regarded as unacceptable. Participation in those activities that heightens the risk of injury, is regarded by the NTIS as unacceptable also (eg. parachuting, trail bike riding, bungy –jumping).

Where an athlete participates, with the Coach's agreement, in any additional sporting activity, the Coach must document the details of such participation.

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