



## 2006 Melbourne Commonwealth Games Future Athletes Program

### CYCLING CLINIC APPLICATION FORM

#### ABOUT THE PROGRAM

The 'Future Athletes Program' is an initiative of the Victorian Government designed to introduce secondary school age students competing in representative school events to a wider developmental pathway in their sport. During 2005 the Victorian Institute of Sport, in conjunction with the 16 Commonwealth Games sports associations, will conduct sport specific clinics providing:

- Technical Tips from leading coaches
- Training advice from a State or National representative athlete
- Valuable information on Sports Nutrition, Training and Injury Prevention
- Skill practice and assessment
- Information on how to take the 'next step' in sporting development

**Clinics are scheduled from 10:00am until 3:30pm, and are free of charge to participants.**

#### ELIGIBILITY and SELECTION to ATTEND a CYCLING CLINIC

All Victorian Secondary School students who meet the selection criteria may enrol in a Cycling clinic. Selection criteria have been developed in consultation with Cyclesport Victoria to assist athletes in taking the 'next step' in their sporting development. A minimum age requirement has been set for athletes who wish to take part in a Cycling Clinic. Clinic places are limited and applications will be accepted only until each clinic is full. Applications can close early should sufficient applications be received.

To be eligible to attend a 'Future Athlete' Cycling Clinic:

- Students must submit a signed application form to the VIS 5 working days prior to the scheduled clinic.
- Applicants must be aged between 12 and 18 years and currently enrolled in a Victorian Secondary School (government or non-government).
- It is desirable (although not mandatory for selection) that the applicant should preferably have at least one of the following levels of experience
  - some participation experience in novice riding in road, track or mountain biking.
  - competed in the Victorian School Cycling Championships
- Applicants must be able to supply a roadworthy racing bike and an Australian safety approved helmet for their own personal use during the clinic. No gear restrictions will apply.
- Students should have an average level of fitness.
- Students may attend only one 'Future Athletes Program' sports clinic.

#### SCHEDULED CYCLING CLINICS

- **Gippsland** – Warragul Velodrome - Saturday 17<sup>th</sup> September 2005
- **Melbourne 1** – Darebin International Sports Centre – Monday 19<sup>th</sup> September 2005
- **Ballarat** – Ballarat University - Sunday 25<sup>th</sup> September 2005
- **Melbourne 2** – Darebin International Sports Centre – Monday 29<sup>th</sup> September 2005
- **Bendigo** – Tom Flood Sports Centre Velodrome - Saturday 1<sup>st</sup> October 2005
- **Melbourne 3** – Darebin International Sports Centre – Sunday 30<sup>th</sup> October 2005

# FUTURE ATHLETES PROGRAM

## CYCLING CLINIC APPLICATION FORM

Complete and mail or fax this form to:  
Future Athletes Program – Cycling Clinic  
Victorian Institute of Sport  
P.O. Box 12608 – A'Beckett Street  
Melbourne VIC 8006  
Fax 9425-0100

Enquiries, please e-mail [future.athletes@vis.org.au](mailto:future.athletes@vis.org.au) or phone 9425-0030

Student's First Name:

Surname:

Gender: M / F Height (cm):  Weight (kgs):  Date of Birth

Name of Secondary School attending

Name of PE / Sport Contact at school

Are you a member of a Cycling Club, if yes please specify? \_\_\_\_\_

Are you an athlete with a disability? YES / NO

Clinic applied for (*please circle*)

Melbourne 1	Melbourne 2	Melbourne 3
Ballarat	Bendigo	Gippsland

Home Address:

Suburb:  Post Code:

Phone Number:  Emergency Number:

E-mail Contact: \_\_\_\_\_

Parent/Athlete consent to attend clinic:

*I (Name of Parent / Guardian) \_\_\_\_\_  
hereby give permission for my son/daughter to undertake Cycling instruction at a Future  
Athletes Program clinic.*

\_\_\_\_\_  
*Signature of Parent or Guardian*

\_\_\_\_\_  
*Signature of Student*

**All applicants will be notified by mail about the status of their application**

