



## 2006 Melbourne Commonwealth Games Future Athletes Program

### DIVING 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 DIVING CLINIC:

All Victorian secondary school students competing in inter-school events (at district, zone, or state level) or in any Victorian Diving Association (VDA) 'novice' event may apply to attend a 'Future Athletes' Diving Clinic. Selection criteria have been developed in consultation with the VDA to identify athletes currently performing at a level that will allow them to take the next step into higher levels of competition. An age limit has been included in the selection criteria to target younger swimmers with the potential to improve their performance and aspire to compete at a National or International level in 2010 (i.e. the next Commonwealth Games) and beyond.

To be eligible to attend a diving clinic students must:

- Submit a signed application form to the VIS prior to the scheduled clinic,
- Be aged 16-years and under, as at 30 April 2005,
- Be able to perform three different dives from a 1m springboard – a forward dive and two additional dives from different groups (total degree of difficulty for the three dives must be at least 4.1)

Please note:

- Students may attend only one 'Future Athletes Program' sports clinic during the school year.

#### SCHEDULED DIVING CLINIC

- **Melbourne** – Melbourne Sports and Aquatic Centre - Saturday 29<sup>th</sup> October 2005

# FUTURE ATHLETES PROGRAM

## DIVING CLINIC APPLICATION FORM

Complete and mail or fax this form to:  
Future Athletes Program – Diving Clinic  
Victorian Institute of Sport  
P.O. Box 12608  
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      Date of Birth:       Height (cm):

Name of Secondary School attending

Name of PE / Sport Contact at school

Are you an athlete with a disability?      YES / NO

Schools or VDA 'novice' Competition Entered \_\_\_\_\_

List Three Dives Performed

Diving Club membership (if applicable) \_\_\_\_\_

Home Address:

Suburb:       Post Code:

Phone:

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

Parent consent to attend clinic:

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

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

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

