

High Performance Programme

Personal Details	Please provide all the information requested. It is important that we have your home contact details just in case we need to contact you during vacation times.	Application Guidelines
Academic Details	<p>If you are entering your first year please fill in as many of the sections as possible. At this stage you might not know the majority of the details; these can be completed during the interview stage.</p> <p>If you are a current student please complete all sections.</p>	
Sport Details	A wide range of sports are accepted but BUCS Sports are prioritised – see our website for a full list.	
Achievements	Please list your highest sporting achievements (including any national/representative squads you have been selected for and give details of the relevant events/competitions) over the last 2 years, with the most recent first. Please also indicate dates and personal best times/distances if applicable to your sport – e.g. Athletics.	
Performance Goals	<p>Please set your goals for the 2011-12 season, ensuring they are SMART.</p> <p>Specific Measurable Attainable Realistic Timed</p> <p>Please take time in setting these as they will form part of your individual plan for the year.</p> <p>Please also state your performance goals for 2012-2015 including the level of performance you hope to reach, events you hope to compete in, squads you hope to be selected for etc.</p>	

BUCS 2011-12	A lot of emphasis is placed on BUCS (British University & Colleges Sport) participation and as such please state your intention to represent the University in BUCS competition whether this is individually or part of a team. If you are a returning student please state your history of competing in BUCS and your intentions to do so going forward.
Financial Support	You will still be considered for the programme even if you are receiving some form of financial support from elsewhere so we still require the full details.
Support	<p>We can offer:</p> <ul style="list-style-type: none"> • Potential financial reward. • Cardiff University Sport branded training kit. • Free Gym/Fitness Suite Membership. • Sports Science Support. • Sports Psychology Workshops. • Core Stability Screening. • Access to Sports Physiotherapy. • Media promotion and experience. • Strength & Conditioning Support. <p>Please select what support you would need to achieve your goals in 2011-12. If there is anything you feel you need that is not stated please put it in this section.</p>
Further Information	<p>You have already listed what your sporting achievements are; please do not repeat them here.</p> <p>This section is for you to "sell" yourself and to justify why you should be part of the programme. Information that you could include is:</p> <ul style="list-style-type: none"> • What skills you possess. • What type of personality you have. • What you would bring to the Athletic Union Club. • How you would promote the Programme. • Anything else you feel is relevant.
Referees	Please remember to include one fully completed reference and the details of one more referee who may be contacted if you are selected for interview.
Marketing	We would like to know how you found out about the Performance Programme.
Equal Opportunities	Cardiff University is committed to promoting equal opportunities and welcomes applications from anyone.