



High Performance Programme - Online Application Guidelines

Please follow the guidance below to help with completing your application form.

Personal Details	Please complete your personal details, which includes your name, date of birth, home address, phone number and social media handles.
Academic Details	Please complete all known fields. Applicants commencing their first year of study should answer 'N/A' to any questions they do not yet know the answer to e.g. Personal Tutor Name.
Sport Details	<p>Please state your sport, including the discipline where applicable.</p> <p>Other key questions in this section, that may require some time to consider your answer are:</p> <ul style="list-style-type: none"> • Achievements - please list your highest sporting achievements over the last 2 years, with the most recent first (include any representative / national / international squads you have been selected for and provide details of events/competitions). Please also include dates and personal best times/distances, if applicable to your sport e.g. athletics, swimming. • Performance Goals - please state your performance goals for the next 4 years. • What support do you think would assist you in achieving your goals? • In no more than 500 words, please state why you think you should be considered for the High Performance Programme. • Have you suffered from illness or injury that has kept you from training or competing? If yes, please provide further details, including dates of illness/injury and recovery duration.
Cardiff University Athletic Union (AU) and British Universities & Colleges Sport (BUCS)	<p>Please state your intention to represent the University in British Universities & Colleges Sport (BUCS) competition.</p> <p>For further information on BUCS competitions: www.bucs.org.uk</p>
Other	Please complete questions relating to financial support and marketing.
References	Please provide the name, email address and telephone number of two references (e.g. coach) who can comment about your achievements.
Declaration	Please confirm all information included in your application for is accurate by ticking the box.