

High Performance Programme - Online Application Guidelines

Please read the guidance below before completing your High Performance Programme application. The information provided will help ensure your application is as complete and accurate as possible.

<u>Personal Details</u>	Please complete your personal details, including: Full name, Date of birth, Home address, Phone number and Social media handle/s.										
<u>Academic Details</u>	Please complete all known fields. You will also be asked to outline any significant academic commitments during the academic year (e.g. placement blocks, dissertation, clinical placements, fieldwork or other activities). If you are starting Year 1, please enter 'N/A' for any information that is not yet known (e.g. Academic Tutor details).										
<u>Sport Details</u>	Please state your sport, including the discipline where applicable. You will also be asked to provide: • Your highest level of representation. • The name of your representative team, squad or programme. • Your current age category (e.g. Senior, U23, U20, Junior). • When you transition to your next competition age category. • Your current club and coach. The following questions may require some preparation before completing your application: <tr> <td>Achievements</td><td> Please list your highest sporting achievements from the last two years, with the most recent first. For each achievement, please include: • Date (month/year) • Competition or event and result • Where applicable: ○ Representative teams, squads or programmes selected for (Regional, County, National or International level) ○ Current ranking ○ Personal best(s) or other relevant performance metrics </td></tr> <tr> <td>Major Competitions</td><td> Please list the major competitions you are targeting during the academic year, including competition dates. Please indicate whether you have already been selected or, if not, when selection is expected to take place. You will also be asked to identify any known clashes between your academic commitments and planned training camps, competitions or other key sporting commitments. </td></tr> <tr> <td>Performance Goals</td><td> Please outline your performance goals for the next 4 years. </td></tr> <tr> <td>Support Requirements</td><td> Please explain what support you feel would assist you in achieving your performance goals. </td></tr> <tr> <td>Personal Statement</td><td> In no more than 500 words, please explain your suitability for the High Performance Programme. You should include your sporting ambitions, commitment to your development, and any relevant information you would like the selection panel to consider. </td></tr>	Achievements	Please list your highest sporting achievements from the last two years, with the most recent first. For each achievement, please include: • Date (month/year) • Competition or event and result • Where applicable: ○ Representative teams, squads or programmes selected for (Regional, County, National or International level) ○ Current ranking ○ Personal best(s) or other relevant performance metrics	Major Competitions	Please list the major competitions you are targeting during the academic year, including competition dates. Please indicate whether you have already been selected or, if not, when selection is expected to take place. You will also be asked to identify any known clashes between your academic commitments and planned training camps, competitions or other key sporting commitments.	Performance Goals	Please outline your performance goals for the next 4 years.	Support Requirements	Please explain what support you feel would assist you in achieving your performance goals.	Personal Statement	In no more than 500 words, please explain your suitability for the High Performance Programme. You should include your sporting ambitions, commitment to your development, and any relevant information you would like the selection panel to consider.
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Illness and Injury	Please provide details of any illness or injury that has prevented you from training or competing, including dates and recovery period.
Accessibility and Support Needs	You will also be asked whether you have any accessibility requirements, adjustments or support needs that we should be aware of.
<u>Cardiff University Athletic Union (AU) and British Universities & Colleges Sport (BUCS)</u>	If selected for the High Performance Programme, athletes are expected to join their respective Cardiff University Athletic Union club and represent Cardiff University in BUCS competition where appropriate for their sport. You will be asked whether you have been in contact with your Athletic Union club and whether you intend to represent Cardiff University in BUCS competition. For further information about BUCS competitions, please visit: www.bucs.org.uk
<u>Other</u>	Please complete the questions relating to: • Financial support (e.g. grants, awards, sponsorship or professional playing fees). • Consent for Cardiff University to use your image for marketing and promotional purposes. • How you heard about the High Performance Programme.
<u>References</u>	Please provide the details of at least one referee (e.g. your coach) who can comment on your sporting achievements. A second referee is optional.
<u>Declaration</u>	Please confirm that the information provided in your application is accurate and complete to the best of your knowledge by ticking the declaration box.