



# UniSA Sport

Athlete Development Program  
Information Booklet

**UNISA SPORT**



University of  
South Australia

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## 1. The Program

The Athlete Development Program (ADP) is a sport specific training program for students in the pursuit of sporting excellence while balancing their academic endeavours at UniSA.

In 2024, up to 36 places will be offered within the program to student-athletes from a wide range of sports.

Delivered by UniSA Sport staff, this program is designed to develop athletes by matching service provision and delivery with individual student-athlete needs. The successful athletes will be provided with the opportunity to train in a supportive environment and well-equipped gym under the guidance of highly qualified UniSA Sport strength & conditioning staff. This offers students the best opportunity to successfully combine study and sport.



The University of South Australia (UniSA) is an Elite Athlete friendly University and all athletes must successfully apply for Elite Athlete status through Student Academic Services (SAS) - Campus Central to be considered for this program; this is separate from the UniSA Sport Athlete Development Program. This will assist you to balance your studies and your sport with the necessary academic support from the university. For more details on obtaining Elite Athlete status please visit the [UniSA website](#).

## 2. Key Program Contacts

### Program Administration

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**Deanna Kennedy**

UniSA Sport Club &amp; Participation Coordinator

[deanna.kennedy@unisa.edu.au](mailto:deanna.kennedy@unisa.edu.au)

(08) 8302 0477

### Strength & Conditioning

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**Sarah Fullston**

Fitness Coordinator

[sarah.fullston@unisa.edu.au](mailto:sarah.fullston@unisa.edu.au)

(08) 8302 1794

**Carter Lisk & Mason Sleiman**

ADP S &amp; C Coach

[cityeastgym@unisa.edu.au](mailto:cityeastgym@unisa.edu.au)

### Allied Health – Physiotherapy, Podiatry & Exercise Physiology

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**UniSA City West**

27-29 North Terrace, Adelaide

[citywesthealth@unisa.edu.au](mailto:citywesthealth@unisa.edu.au)

(08) 8302 0986

**UniSA Magill**

Magill campus E Building (Room E1-22)

[magillhealthclinics@unisa.edu.au](mailto:magillhealthclinics@unisa.edu.au)

(08) 8302 4013

**UniSA City East**City East campus Level 8, Centenary Building  
(Room C8-40)[physiotherapyclinic@unisa.edu.au](mailto:physiotherapyclinic@unisa.edu.au)

(08) 8302 2541

**UniSA City East**Level 2 Centenary Building (Room C2-08)  
Exercise Physiology Clinic[exercisephysiology.clinic@unisa.edu.au](mailto:exercisephysiology.clinic@unisa.edu.au)

(08) 8302 2078

### UniSA Elite Athlete Register Contact

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Campus Central

[askCampusCentral@unisa.edu.au](mailto:askCampusCentral@unisa.edu.au)

1300 301 703



### 3. What We Offer

The UniSA Sport Athlete Development Program aims to benefit students through unprecedented access to high level facilities and training environments with the support of the University's highly qualified staff. Our Strength & Conditioning staff can work with you to support your current gym program and sporting coach requirements, or an individualised program can be developed to suit your goals.

Student-athletes will have regular access to the high-performance testing environment. In addition, students can access student led allied health services in the areas of physiotherapy, podiatry and exercise physiology who can assist in assessing and managing new or existing injuries.

We ultimately aim to provide students the training and support that is often inaccessible, that is required to become improved athletes and achieve greater results within their chosen sport.



#### Our offerings:

- UniSA Sport Full Access Facilities Membership (up to 12-month membership)
- Athlete Development Program singlet
- Clinical Health and Fitness Assessment
- Movement screening
- Individual Strength & Conditioning Program
- Allied Health support – Physiotherapy, Podiatry & Exercise Physiology Services
- Funding assistance (from available pool of funds) to compete at the UniSport Nationals

## 4. Expectations of Program Participants



- Attend the induction session.
- Attend a minimum of two fitness testing sessions during the year.
- Commit to one group Strength & Conditioning training session each week (minimum of 75% attendance required).
- Promote and support UniSA Sport.
- Be a UniSA Sport (Clubs and Events) member (free for UniSA Students).
- Represent UniSA at intervarsity events, this may include SA Challenge and/or UniSport Nationals (if it is applicable to your sport and fits in with your current academic and sporting commitments).



## 5. Selection Guidelines



### Eligibility

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- Must be an enrolled student at the University of South Australia in 2024.
- Must be on the Elite Athlete register at UniSA (separate application through SAS).
- Studying on a metropolitan campus or if studying online residing in Adelaide.
- Application submitted by due date; 25 February (initial intake) or 21 July 2024 (mid-year intake).

### Criteria

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- Demonstrated participation at a high level in your chosen sport (State/National/International).  
\*\*Minimum state level.
- Demonstrated through past performance within the last 12 months or potential capacity, the ability to improve performance to a high level.
- Special consideration for athletes that currently do not have access to provision of services through their sport. SASI athletes may apply.

### Please Note

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- Places in the program are limited to 36 students in 2024.
- Positions in the program are expected to be competitive and selection will be based on the strength of the application and supporting information provided; as well as a past application in the ADP.