

Elite Athlete

Support & Information Service



ACADEMIC ACHIEVEMENT AND SPORTING SUCCESS SHOULD NOT BE MUTUALLY EXCLUSIVE



Do you want to pursue both your sporting career and your education?

Do you think that you can't have it all? Well, you can... with a bit of help.

The University of Adelaide recognises that elite athletes who undertake tertiary education may need some extra support during their studies.

The Elite Athlete Support and Information Service (EASIS) provides support to our elite athlete students to help them reach their potential both on and off the sporting field.





Vice-Chancellor's Message

Sport has always played a major part in campus life at the University of Adelaide and the Elite Athlete Support and Information Service (EASIS) helps us to take this tradition a step further.

EASIS aims to identify and help elite athletes trying to balance their sporting commitments with their University of Adelaide studies, as well as encourage other promising young athletes to consider tertiary education.

By offering support and assistance to these highly talented young people, the University of Adelaide gives them the opportunity to fulfil their potential in our society in as many ways as possible.

Professor James A. McWha
Vice-Chancellor and President

What Makes the University of Adelaide “Elite Athlete Friendly”?

The University of Adelaide is a member of the national network of Elite Athlete Friendly Universities. This program was set up by the Australian Sports Commission and is delivered through the Australian Institute of Sport and state sports academies and institutes. Their Athlete Career and Education units work closely with universities to help athletes balance their academic and sporting commitments.

The University of Adelaide is committed to helping elite athletes who are studying here. The Elite Athlete Support and Information Service (EASIS) was set up in the Prospective Students Office in 2005 to assist these students.

You can contact the EASIS Project Officer for information about how this program can help you. More information can also be found on the EASIS website: www.adelaide.edu.au/eliteathletes

Are You an Elite Athlete?

If you compete nationally or internationally in a sport recognised by the University of Adelaide, you can be defined as an elite athlete.

To get access to assistance through EASIS, you must register as an Elite Athlete Student. Apply online at the EASIS website: www.adelaide.edu.au/eliteathletes/elig/registration You must reapply each academic year.

If you are currently registered with EASIS and your status as an elite athlete changes, please notify the EASIS Project Officer.



JESSICA CIBICH

Jessica is undertaking a Bachelor of Law/Commerce at the University of Adelaide hoping to become a partner in a successful law firm. The hardest part of Jessica's balance of sport and study is getting all the readings done. She copes by being organised and getting help when she needs it. "Coaches let me do alternate trainings when I need to and lecturers are good when you give them enough notice," says Jessica. She hopes to represent her country again, after getting a taste for it as a youngster in the Junior Commonwealth Games Team.



HANNAH DAVIS

In 2005 Hannah Davis commenced study in the Bachelor of International Studies at the University of Adelaide. 2005 was also the year she first made the senior Australian (Sprint) Kayak Team.

After many years of juggling training and school commitments, she is now enjoying the flexibility that her lecturers entrust her with. Hannah spends up to two months at interstate and overseas training camps and competitions with the Australian Team. She does as much work as she can before her trips and during the uni holidays in order to 'stay afloat.'



How Can EASIS Help You?

“EASIS Online” has been created through MyUni to help athletes balance their sporting and study commitments. EASIS Online incorporates components on assessment matters, flexible attendance, timetable issues and the building of time management skills.

Once you have registered with EASIS and your status as an elite athlete is confirmed, you will be enrolled in EASIS Online as you would any other course.

Developing your time management skills

The Time Management component of EASIS Online is a useful resource to help with balancing the demands of your sporting commitments and study, particularly for students in their first year.

You must complete the Time Management component of EASIS Online in order to remain eligible to access the benefits of EASIS.

Making your timetable suit you

EASIS will help you make your timetable best fit with your sporting commitments.

Good practice starts with forward planning. When it is time to enrol or sign up for tutorials, make sure you have a rough idea of what your training program will be like for the semester. Speak to your coach and actively seek those details in advance.

Try to sort out your timetable as early as possible so that you will get your preferred times. Remember that this often can be done online - be aware of the specifics of each course (subject) you have enrolled in.

If you have difficulty with your scheduling, approach your Faculty or School Office for help. Ask for the person who can deal with timetable issues, and let them know you are part of the EASIS program. They have the power to override timetable clashes or, if operationally possible, add one extra person into a tutorial.

Contact the EASIS project officer for further queries.

Enabling you to sit your exams when you need to

University of Adelaide policy allows for exams to be taken off campus or at alternative times due to a student's sporting commitment.



Off-campus exams

This option should be used when you will be away due to your sporting commitments for a significant period of time before, during and/or after your scheduled exam.

Full details can be found on the form which is available through EASIS Online or the examinations website: www.adelaide.edu.au/student/exams/pdfs/aea_elite.pdf

Alternative Examination Arrangements (AEA)

This option should be used if you cannot sit the exam on the scheduled date and time due to your sporting commitments.

The alternative examination usually will be conducted no more than two days before or after the scheduled date and time.

Full details can be found on the form which is available through EASIS Online or the examinations website. www.adelaide.edu.au/student/exams/pdfs/aea_sched_conflict.pdf

Note that there is "reason for application" section of the AEA form, you should mention that you are registered with EASIS and give details of your sporting commitment. Where possible, attach evidence of your sporting commitments to the application, such as a letter from an official or coach.

Other exam information

If you are granted an exam at an alternative time and/or venue, then you will be required to fill out and sign a Student Declaration. This is like a statutory declaration and helps to protect the integrity of the exam process.

University of Adelaide policy also allows for alternative assessments to be administered by the examiner. If this is appropriate, the EASIS Project Officer can help with contacts and arrangements.

Helping you with attendance flexibility

Elite athletes may often be absent from the University due to sporting commitments. Whilst you will still be required to meet all the requirements of a course, there are options to achieve some flexibility.

Use MyUni to access lecture notes, sound recordings, presentations and handouts if you have to miss a lecture. Your course may have an attendance component - for example there may be a limit to the number of tutorials you may miss. Check the requirements for every course at the beginning of the semester.

If you will not be able to meet the attendance requirements due to your sporting commitments, you may be able to negotiate an alternative. For example you can complete a dot point report on the required readings - one page per tutorial missed. Alternatively, you may wish to arrange to sit in on another group's tutorial for that week or you may arrange an alternative time to complete a practical.

It is up to you to arrange these options with the appropriate academic staff member. The further in advance you do this, the more likely you will be to have your needs met.

If you encounter problems, contact the EASIS Project Officer for advice.



Giving advice about extra learning resources

Digital Audio Streaming

The streaming of audio into digital files, delivered through MyUni, is a new resource being adopted by many academic areas across the university. Check to see if this is being used in your course by speaking with the appropriate academic staff member.

More information can be found at the Digital Audio Streaming website: www.adelaide.edu.au/myuni/instruct/using/audiovisual.html

Library resources and services

Don't forget that the University of Adelaide Library website that can be accessed from wherever you may be. Even if you are not on campus you can get a head start on research: www.library.adelaide.edu.au

Helping you to arrange study overseas

www.adelaide.edu.au/student/study_abroad

The University of Adelaide has study abroad and exchange agreements with a significant number of universities around the world - including some with a strong emphasis on sport. Studying at these universities for one or two semesters can benefit your sporting career as well as your education.

The EASIS Project Officer can help arrange an exchange with a 'sporty' overseas university.

Giving advice on securing more time for your assignments

Extensions are a privilege and not a right. Rules and practices about extensions vary across the University, so check what is expected at the beginning of the semester. It's a good idea to make yourself known to your lecturers and tutors at the beginning of the semester. Tell them a little about your commitments and explain that you are a part of EASIS.

If you need an extension, apply early and in writing. Generally the application must be in writing or emailed to the relevant academic staff member no later than one week before the due date. You can apply as soon as you know that an extension will be needed - for example, if you know that your major assignment will clash with a sporting commitment, it is best to secure the extension early.

If you encounter problems, contact the EASIS Project Officer for advice.

There are other ways you can benefit from being part of EASIS

Through the Elite Athlete Support & Information Service, you will gain a network of athlete mentors, relevant academic advisors and potential financial supporters.

EASIS Network

Access the communication resources of EASIS Online that we've called the EASIS Network. You can send out emails to the other student athletes of the university or create online discussions with them on the discussion board. It is a great way to communicate with others who are going through the same experiences.

Publicity

As a student supported by EASIS you will also be able to use the EASIS website as a resource. The EASIS Project Officer will work with you to develop an Athlete Profile on the EASIS website. You can refer members of the media to your profile and you may use the news section of the site to post information on your activities.

Scholarships

EASIS has been working with Development & Alumni to seek sponsorships from the corporate sector to enable us to establish EASIS scholarships in the near future. Check the Scholarships section of the EASIS website for news: www.adelaide.edu.au/eliteathletes/scholar

SAMANTHA REID

Samantha Reid's sporting interest perfectly complements her studies of Mechatronic Engineering at the University of Adelaide. Samantha has moved into the Formula Ford category after racing karts since the age of eight. She recently told *The Advertiser*, "I think I'll probably find myself, if not driving, then working with one of the teams as an engineer." The active teenager is involved in the Australian Institute of Sport program for motorsport and regularly attends camps in Canberra.



TRAVIS MORAN

Travis Moran made history last year as a member of the first- ever Australian Men's Volleyball Team to qualify for Olympic tournament. He names that, and the actual competition in Athens, as his career highlights. Travis is in the first year of a Bachelor of Arts with a view to enrolling in a Law degree in the future. "Finding time is the hardest thing. Often my study or my sport gets really hectic for a period of time and it's hard to find a balance sometimes. I've had to sacrifice a lot - academically when I was at school, and socially too - to get where I am, but I'm still happy with what I've achieved."

General Student Support Services that Will Help You

Many university services, available to all students, can be especially useful for the student athlete.

Keeping you healthy

The Parklands Medical Practice

Comprehensive and confidential health care to all students from both female and male doctors. Consultations are usually bulk-billed and can cover general health checks, immunisations and vaccinations, drug and alcohol counselling, contraception advice, skin care and travel medicine.

Location: Ground floor, Horace Lamb Building
Tel: 8303 5050
Web: www.adelaide.edu.au/student/health

Dental Services

The Centre provides both general and specialist dental treatment and radiological services to private patients. A discount is available for full time students.

Location: Frome Road, adjacent the RAH
Tel: 8303 3437
Web: www.dentistry.adelaide.edu.au/concent.html

Helping you cope

The University of Adelaide's Counselling Centre provides individual counselling, telephone counselling, crisis and trauma intervention and runs various workshops designed to meet the changing needs of students

Issues that students commonly seek assistance with include; stress, self esteem, relationship difficulties, assertiveness, sexuality, panic and anxiety, eating problems, study concerns, depression, grief and loss, abuse, family issues, addiction, harassment, discrimination and other personal concerns.

Location: Ground floor, Horace Lamb Building
Tel: 8303 5663
Web: www.adelaide.edu.au/counselling_centre

Developing study skills

The Centre for Learning and Professional Development (CLPD) enhances your learning through the provision of educational programs and resources such as the maths "drop in" service and the Language and Learning Service.

Centre for Learning & Professional Development
Tel: 8303 5771
Web: www.adelaide.edu.au/clpd

Money matters

Student Care Office

The Education and Welfare Officers (EWO's) at the Student Care Office can assist with issues related to Centrelink payments, advise you about grants and loans which can help students through times of particular financial need and give other general financial advice.

Location: Ground Floor, Lady Symon Building
Tel: 8303 5430

The Student Centre

The University's Student Centre can help you with queries regarding HECS-HELP or FEE-HELP.

Location: Level 4, Wills Building
Tel: 8303 5208
Web: www.adelaide.edu.au/student/current

Scholarships

There are many scholarships available for University of Adelaide students. Find details of these through the comprehensive website of the Scholarships Office.

Web: www.adelaide.edu.au/scholarships

Giving advice about work and career

Employment Service

The Adelaide University Union Employment Service helps students to find part-time work while they are studying at the University.

Location: Ground Floor, Lady Symon Building

Tel: 8303 4406

Web: www.union.adelaide.edu.au/services/employment/student

Careers Service

The Careers Service helps students to develop and implement career plans. They also run careers fairs, employment skills workshops, a

resumé checking service and have a resource centre to help you on your career path.

Location: Level 6, Hughes Building

Tel: 8303 5123

Web: www.adelaide.edu.au/student/careers

Help with accommodation

The University of Adelaide has an Accommodation Service which provides information and guidance about university accommodation and residential colleges.

Location: Hughes Plaza

Tel: 8303 5220

Web: www.adelaide.edu.au/accommodation



EASIS Contact Details

Phone: (08) 8303 8397

Fax: (08) 8303 6463

Email: eliteathletes@adelaide.edu.au



The University of Adelaide is a member of the national network of Elite Athlete Friendly Universities (EAFU). This is an initiative of Athlete Career and Education (ACE), and is endorsed by the Australian Institute of Sport, state institutes of sport and participating players' associations.

Elite Athlete Friendly University



Participating Professional
Players' Associations

**For further
information
please contact:**

Counselling and
Disability Services
The University of Adelaide
SA 5005 Australia

Telephone: +61 8 8303 8397
Facsimile: +61 8 8303 6463

Email: eliteathlete@adelaide.edu.au
Web: www.adelaide.edu.au/eliteathletes
CRICOS Provider No. 00123M

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