

LONESTAR NOMINATION FORM 2023

ATHLETE INFORMATION

First Name:	Surname:
Date of Birth:	
Mobile:	Email:
Parent/Guardian Name(s):	
Parent/Guardian Mobile:	Email:
Address:	
Suburb:	Postcode:

PERFORMANCE & REPRESENTATIVE DETAILS

Please indicate the highest level at which you have represented in the past two years

Australia
 SA
 SA Country
 Regional

Other (Please Specify):

ASSOCIATION, COACH & SCHOOL INFORMATION

Local Association:	
Local Coach:	
Mobile:	Email:
Highest Level Coach: <input type="checkbox"/> as above Name:	
Mobile:	Email:
School Attending:	Year Level:

SPORT DETAILS:

You must complete the sport selection below

TEAM SPORTS		Team/squad	Event attended/results/etc
	Highest representative team/squad in 2022		
	Highest representative team/squad in 2021		

INDIVIDUAL SPORTS	<i>List your performances in the MAJOR competitive event/s attended during the past 12 MONTHS. Please indicate if PB.</i>					
	<i>Date</i>	<i>Competition/Location</i>	<i>Event Name</i>	<i>Placing</i>	<i>Time/score/ distance</i>	<i>Other details</i>
	<i>If you have gained Australian or International rankings, please list below.</i>					
		<i>Category (eg. Open/U18)</i>	<i>Event Name</i>	<i>Ranking</i>		
			<i>2022</i>	<i>2021</i>	<i>2020</i>	
<i>Australian</i>						
<i>Australian</i>						
<i>International</i>						

TO BE COMPLETED BY THE RELEVANT LOCAL, REGIONAL, STATE OR NATIONAL SPORTING ORGANISATION/CLUB

SPORTING ORGANISATION/CLUB RECOMMENDATION

This section is to be removed from the application and returned directly to the Limestone Coast Regional Sporting Academy.

Please note:

1. No application will be considered without this section being completed by the appropriate official of the sporting organisation.
2. The endorsement can be completed by an official from a Local, Regional, State or National Sporting Organisation/Club.
3. The organisations are requested to consider all applications from their sport prior to submission of any applications to enable the appropriate priorities to be allocated.

BACKGROUND

The Limestone Coast Regional Sporting Academy (LCRSA) LONESTAR Program will provide junior regional based athletes, currently participating at elite or pre-elite levels, with assistance related to certain coaching and development activities, education and support services. Athletes with a scholarship in a higher-level program such as the SA Sports Institute or Australian Institute of Sport are ineligible to apply.

SELECTION OF ATHLETES

The athlete must;

- a) Reside within the Tatiara, Naracoorte/Lucindale, Kingston, Robe, Wattle Range, Grant District or City of Mount Gambier local government areas;
- b) Be a registered member with a Recognised Sporting Organisation/Club through an Association within the Limestone Coast region; and;
- c) Satisfy the Age requirement: turn 12-18 years of age during 2023. Special consideration may be given to athletes outside the eligible age, subject to the approval of the LCRSA Board.
- d) Be committed and prepared to work towards representing at the state, national and international level; and;
- e) Be committed to a holistic approach to their development, both on and off the field

NUMBER OF ATHLETES:

- 32

AGE:

- 12 to 19 years of age

SELECTION CRITERIA:

1. Athletes can be nominated by Local Sporting Association/Club
2. Athletes can be nominated by State Sporting Organisation
3. Selection will be also based on Athlete's attitude and work ethic
4. Athletes can nominate themselves

EDUCATIONAL REQUIREMENTS:

1. Athletes must attend all educational workshops as part of the Academy
2. Athletes must complete all assigned assignments and out of workshop educational study
3. Athletes must maintain School attendance (if still at high school)
4. Athletes must maintain a pass mark in all subjects at their school and any assignments given through the Academies educational program
5. If an Athlete is suspended from school an exclusion period from the Academy will occur. Length of exclusion to be determined by Coach, Academy Coordinator and School

TRAINING SESSIONS:

- a) Twice per week Strength and Conditioning. Time to be determined.
- b) Skill sessions, quantity, dates and times to be advised.
- c) Attendance is compulsory for all sessions unless of illness or other extenuating circumstance. This will be at the discretion of Coach and Academy Coordinator
- d) Athletes will attend testing at the University of SA High Performance Centre in Adelaide on a minimum of 2 occasions. Dates to be confirmed.
- e) Training sessions and programs to be developed in conjunction with key partners, Uni SA and Tony Checker

APPLICATIONS WILL BE ASSESSED BY THE LIMESTONE COAST SPORTING ACADEMY SELECTION PANEL.

TO BE COMPLETED BY THE RELEVANT LOCAL, REGIONAL, STATE OR NATIONAL SPORTING ORGANISATION/CLUB

Name of athlete applying for scholarship: _____

Name of state sporting organisation: _____

Person completing this section: _____

Position in organisation: _____

Mobile Phone: _____ Email: _____

Comments in support of applicant:

Signed: _____ Date: _____

RETURN TO:
 Tony Elletson
 Level 1, 9 Bay Road
 Mount Gambier SA 5290
 or Email: starclubse@lclga.sa.gov.au
 Phone: 0400 262 738

APPLICATION CLOSING DATE: 31st October 2022



