



**SPORTS ENRICHMENT PROGRAM**

**APPLICATION FORM 2023**

**Ben Grumley**

Former Lavalla Catholic College student

Current attends the William Woods University

**To qualify for this program you must be playing at an academy or equivalent level ( year 7 – 10) and at a State level (year 11- 12) and training at least 10 hours a week.**

**STUDENT INFORMATION**

|  |  |
| --- | --- |
| First Name: |  |
| Surname: |  |
| Date of Birth: |  |
| Age (now): |  |
| Year Level in 2023: |  |
| LA in 2022: |  |

**STUDENT ATHLETE PROFILE**

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| --- | --- |
| Sport(s): |  |
| Current Level:  (National, State, Academy, Squad) |  |

**CURRENT CLUBS / TEAMS**

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| Local / Domestic Level:  “A” Grade, U14’s, etc. |  |
| Representative Level:  Squad, Interleague |  |
| State/National Level:  State swimming time, State team selection |  |
| Playing Position: |  |
| Coach(s): |  |

**STUDENT ATHLETE PROFILE**

**NORMAL WEEKLY TRAINING / COMPETITION SCHEDULE**

**Sample:**

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM**  **Location** |  |  |  |  |  |  | TDJFL  Football  9:00am - 11:00am  Traralgon |
| **PM**  **Location** | Squad b’ball  Training  5:00pm - 6:30pm  Traralgon | Football  Training  4:30pm - 5:30pm  Traralgon | Domestic  B’ball training  5:00pm -  6:00pm  Traralgon  Domestic  Basketball  5:00pm -  6:00pm  Traralgon | Football  Training  4:30pm - 5:30pm  Traralgon  BVC  Academy  6:00pm - 7:00pm  Traralgon | VJBL  Basketball  5:00pm - 11:00pm  Traralgon/  Melbourne |  | Basketball  Training  3:30pm - 5:00pm  Traralgon  Squad b’ball  Training  6:00pm - 7:30pm  Traralgon |

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| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** | **Sunday** |
| **AM**  **Location** |  |  |  |  |  |  |  |
| **PM**  **Location** |  |  |  |  |  |  |  |

|  |  |
| --- | --- |
| **Total time spent training/playing per week:** |  |

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| --- | --- |
| **Total time spent travelling per week:** |  |

**STUDENT ATHLETE PROFILE**

**SPORTING GOALS**

Indicate briefly what the athlete is aspiring to achieve as future sporting goals.

Short term: (Next 1-2 years)

Sample short term goal: To be identified and gain selection to Gippsland Power Academy

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Medium term: (Next 3-4 years)

Sample medium term goal: Make the Gippsland Power squad

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Long term: (Next 5-10 years)

Sample long term goal: Be drafted into the AFL

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**HOW COULD THE SPORTS ENRICHMENT PROGRAM ASSIST YOU WITH YOUR SPORTING ASPIRATIONS?**

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**INDIVIDUAL ACHIEVEMENTS**

Indicate what accolades you have received in the past year/season. Include event, date, team or individual awards or other levels of performance.

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**COACHES FEEDBACK (OPTIONAL). Attach any extra information.**