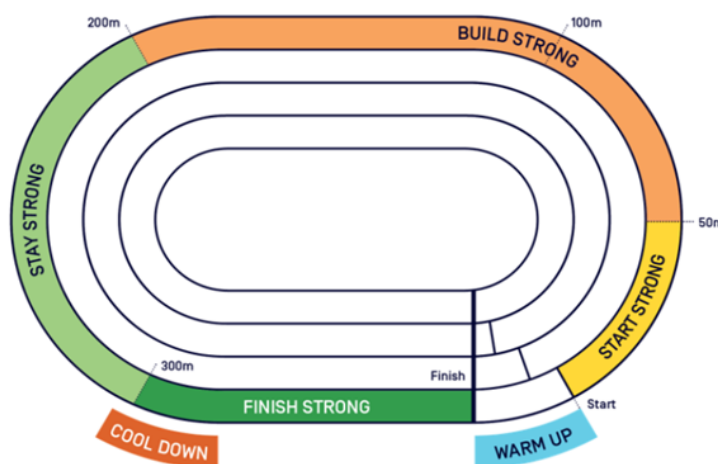


Starting Strong

in High Performance Sport



*“Just like a 400m race, success in high performance sport requires a **strong start**”.*



Starting Strong in High Performance Sport

is an AIS funded program designed to help talent id, pathway and emerging athletes have a better understanding of the broader sport system and the skills required to launch the start of their high performance journey.

The Athlete Program

- Runs from November to June
- 5 x 30min online modules
- 7 x 60min webinars
- Register to receive links and reminders
- Certificates of completion

Parent Webinars

Throughout the athlete program, the AIS will run webinars to help parents better **navigate the high performance sport system** in Australia; better **understand athlete wellbeing** in high performance sport; and better recognise the **career and education options** for high performance athletes.

Athlete Topics include

- ✓ High performance sport in Australia
- ✓ Athlete wellbeing & engagement
- ✓ What it means to be an athlete
- ✓ Personal values in action
- ✓ Online brand integrity
- ✓ Playing to your strengths
- ✓ Money matters

To Register
[CLICK HERE](#)

More Information?
[CLICK HERE](#)