

## ACADEMY CORE VALUES

# ATHLETE

### COMMITMENT *to Excellence*

- Commitment to the entirety of the program, and to comply with the training and additional service requirements of my sport program.
- Understand that as agreed by my State Sporting Organisation, the Academy takes preference over association representative, and club training.
- Cooperate and communicate with my coaches and Academy administration staff members, especially when there may be a clash of commitments, be they sporting, or family.
- Aim for Excellence in my performance, in training and competition.
- Recognise outstanding effort, results and performance from myself, my team mates and my opposition.
- Abide by the rules of my sport, and respect the decision of officials, coaches and the Academy.

### OPPORTUNITY *for Development*

- This is an opportunity that has been given to me. It is not an entitlement.
- Not every athlete will be fortunate enough to receive this opportunity, I will make the most of it.
- I will continue to challenge myself and where appropriate my team, as I and they strive for greatness in our sport.
- I recognise that this exposure to quality regional academy competition and the media, is reserved for talented athletes.
- Therefore, will be aware of the appropriateness of public comment and my behaviour, as my actions effect myself, my team mates and the Academy.

### RESPECT *and Accountability*

- I will show respect for myself, my team mates, and coaches.
- Respect the history of the Academy, and those athletes who have represented the Academy at all levels.
- Respect the partners, supporters and service providers who contribute to the Academy, and the programs they operate.
- Respect and care for the equipment provided to me.
- Respect my fellow Academy scholarship holders, and encourage them to achieve success in their respective field.
- Be at my peak mentally, physically and emotionally, for training, competition and events.
- Work equally hard for myself, and where appropriate, my team.
- Be accountable to myself and my coaches.
- Be honest concerning illness and injury ,and how this may affect my ability to train.
- Take every step required to seek good injury advise, and manage injuries appropriately.
- Take responsibility for my actions at all times, including what I do and say to others and what I put into my body.

### EXPECT *Professionalism*

- Conduct myself in a positive manner, and follow instructions as directed.
- Recognise that Academy coach and support staff are here to help me.
- Appreciate that it takes the commitment of many, to develop into the athlete I want to be.
- Know when to wear the appropriate Academy uniform relevant to the activity, or function. And wear it with pride in a neat and clean fashion. (This includes tracksuit and walkout uniform to official functions, and my training or competition uniform, as required.)
- Act professionally, when in Academy uniform and especially when in public. As I am representing myself, my sport, my Academy and my Region.
- Contribute to a safe sporting environment, and the Academy's respectful culture. And expect my team mates to do the same.
- Understand that the expectations of myself and my team mates are part of the NSW High Performance Pathway. And will help me reach my sporting potential.
- Appreciate the high quality Academy coaching and experiences, provided to me.
- Train and compete with an open mind.
- Work hard to learn and improve.



## OUR VALUES

**COMMITMENT**

**OPPORTUNITY**

**RESPECT**

**EXPECT**