Elite Athletes at UQ

The University of Queensland (UQ) is an elite athlete friendly university which supports more than 200 elite-level student-athletes within its Elite Athlete Program (EAP).

This guide is for current UQ students and provides information on key services and support available to eligible elite-level student-athletes.

UQ Sport is responsible for leading this support through its EAP. Only students with Elite Athlete Status can access the EAP and associated support services. Eligible elite student-athletes can also apply for UQ Sporting Scholarships and the UQ Sport Competition Subsidy.

Dedicated UQ Sport staff work in collaboration with UQ staff to help student-athletes manage study and their sporting pursuits.

With a breadth of study choices, flexibility in your learning process, world-class facilities, and student-athlete-centred support, the EAP aims to equip you for success now and in the future.

Student-athletes supported by UQ Sport’s EAP are eligible to receive a range of in-kind benefits, including:

- Free UQ Sport Gold Membership
- Discounted UQ Sport Academy Strength and Conditioning services
- Priority class sign on and timetable support
- Access to alternative arrangements with assessment
- Designated elite athlete support staff
- Competition subsidy funding for out-of-pocket competition expenses
- Personal development workshops and services.

For further details about how you can access these benefits, please contact the EAP staff by emailing eliteathlete@uqsport.com.au
Maintaining Elite Athlete Status

As an elite student-athlete, your competition schedule may fluctuate throughout the year. To maintain your Elite Athlete Status, you’ll have to re-apply each semester.

Eligibility

To be eligible for Elite Athlete Status you must meet the criteria outlined in the Programs and Assessment for Elite Athletes Procedures Policy. This includes at a minimum representing Australia, or a state or territory of Australia, in the semester you are applying.

Representation must be verified through the provision of supporting documentation from a coach or team official from your state or national sporting body. This documentation must be dated, signed and be published in a non-editable format (PDF). The documentation must detail the following information:

• All current selections to national and/or international events and high performance squads
• Training and/or sporting commitments for the relevant study period
• Contact details of a coach, high performance manager, state or national sporting body that can be contacted to verify, if required

Please note, your request will be denied if your documentation does not meet these standards.

Applying for Elite Athlete Status

Being approved for Elite Athlete Status, through the UQ Academic Registrar, allows elite student-athletes access to reasonable adjustments throughout the semester in order to manage their academic and sporting pursuits.

An important resource regarding this Status is the Programs and Assessment for Elite Athletes Procedures Policy. The Policy outlines the University’s strategy to enable elite athletes who have competitive sporting commitments (at a National level or higher) an opportunity to maintain their tertiary study.
Lodging your application

You can apply for Elite Athlete Status at any time before or during the semester. To access priority timetabling, be sure to have Elite Athlete Status in place before the class preferencing window closes each semester. New students can apply as soon as they have a UQ Student Number.

Applications can be submitted via the My Requests page in my.UQ.

It is imperative to include the correct supporting documentation (as outlined in Eligibility). This will ensure that your application can be assessed correctly and as fast as possible.

Please note: Elite Athlete Status is only valid for the semester for which it has been approved. Students are required to re-apply for Elite Athlete Status each subsequent study period, as needed.

The Academic Registrar will notify you of the outcome via a letter of confirmation to your student email account. Additionally, the positive service indicator EAC (Elite Athlete Consideration) will be applied to your SI-net profile for the relevant semester. This will be visible to UQ staff, which is helpful if you need to request additional support during the semester.
Managing Your Commitments

Balancing elite sporting and university commitments requires organisation, exceptional communication and time management skills.

Managing the dual commitments of sport and study can be challenging. It is imperative you communicate any clashes in your commitments with UQ and EAP staff well in advance.

EAP staff are available to assist all students with Elite Athlete Status. However, it is important that you firstly take responsibility for managing your dual commitments and access the available support in a timely fashion.

It is recommended that you reach out to EAP staff at the beginning of each semester to check-in and access available resources. To arrange a meeting with EAP staff please email eliteathlete@uqsport.com.au

Communicating with academic staff

Developing positive relationships with UQ and EAP staff is paramount. Using professional and academic language will help mobilise support when needed.

This begins by introducing yourself to Course Coordinators and Tutors at the beginning of each semester, and identifying that you have been approved for Elite Athlete Status by the Academic Registrar.

If you are uncomfortable reaching out to academic staff independently, you are welcome to include EAP staff in any email communications you have. Should you have a negative experience when contacting any UQ staff, please inform EAP staff as soon as possible.

Planning your class timetable

It is recommended that you plan your weekly class timetable around your regular training commitments to assist in balancing study and sport during the semester. Students with Elite Athlete Status can access priority timetabling and support during the class allocation process for courses that offer multiple class times. For instructions on how to access this, please see the following page.
How to use My Timetable

You will need to register your preferred times through *My Timetable* – UQ’s new class allocation system. Having a timetable that is suited around your training commitments is key to balancing your elite-level sport and studies.

To receive priority timetabling, you must have Elite Athlete Status in place before the preferring window closes each semester. Make sure you submit your request for Elite Athlete Status well in advance of this period. You can access My Timetable through my.UQ

Class allocation has two stages:
1. Class preferencing
2. Class adjustment

The class preferencing window opens about four (4) weeks before the semester begins and closes about a week later – check the *Academic Calendar* for the exact dates. During this time, you’ll need to select your preferred class times for each of your courses.

Students who have been approved for Elite Athlete Status before the preference window closes will be run through the class allocation process before the greater population.

Once the system has created your timetable, class adjustment begins. Check the *Academic Calendar* for the exact date and time.

During the class adjustment stage you can:
- review your allocated timetable
- swap class times if there’s a space available
- add your name to a waitlist to swap
- allocate yourself to classes you missed during the class preferencing stage.

Try to review your timetable as soon as you can. The earlier you swap or add yourself to a waitlist, the better chance you have of getting the timetable you want.

If there are no available spaces in class times that you need and it clashes with training and/or competition commitments then School or Faculty staff are able to manually adjust and allocate students, as required. You will need to contact the relevant School or Faculty to arrange this. School or Faculty timetable contacts are listed below. Please note, if a class has reached capacity you may not be allocated a position.

The relevant School or Faculty will be listed as the *Coordinating Unit* in your course profile. To access a course profile from *My Timetable*, select the relevant information icon in the side menu. If you need assistance with this process, please contact EAP staff.

Faculty/School Timetable contacts:
- Business, Economics and Law (BEL):
  - Business: *business.mytimetable@uq.edu.au*
  - Economics: *economics.mytimetable@uq.edu.au*
  - Law: *law.mytimetable@uq.edu.au*
- Engineering, Architecture and Information Technology (EAIT): *eait.mytimetable@uq.edu.au*
- Health and Behavioural Sciences (HABS): *habs.mytimetable@uq.edu.au*
- Humanities and Social Sciences (HASS): *hass.mytimetable@uq.edu.au*
- Medicine: *med.mytimetable@uq.edu.au*
- Science: *science.mytimetable@uq.edu.au*
Assessment Extension and Deferment Requests

If you have elite-level sporting commitments that clash with an assessment, you may be eligible for an extension or deferment. You must have Elite Athlete Status in place before requesting an extension or deferment due to competition commitments.

The *Electronic Course Profile (ECP)* will provide an outline of all assessment pieces for the semester. At the beginning of each semester, we recommend you review your sporting schedule against the learning activities and assessments outlined in each *ECP*.

Make yourself familiar with the extension and deferment policy outlined for each course in the *ECP*. If you identify any clashes with an assessment, follow the process outlined in the *ECP* to request a deferment or extension.

Always follow the instructions outlined in each *ECP* when requesting an extension or deferment for a piece of assessment. Remember, if you are applying based on elite level sporting commitments, you must have approved Elite Athlete Status in place prior to applying.

It is likely you will be required to provide a supporting letter to confirm your elite-level commitments that clash with the assessment. Ensure this is in PDF format, signed by an authorised official, and on an official letterhead. This can be from your state/national sporting body, team player manager or coach.

If you require support in applying for an extension or deferment of assessment, please contact EAP staff.
End of semester exams

If you are unable to sit an end of semester exam due to elite sporting competition, you will need to apply for a deferred exam. Should your application be approved, your deferred exam will be scheduled to the deferred exam block (dates accessible in the UQ Academic Calendar). You must sit your deferred exam in the deferred exam block. You can not defer an exam twice, however you can apply for an off-campus exam.

The end of semester exam period start and end dates are typically published five (5) weeks before the end of semester exam period. The exam timetable (showing specific dates and times) is typically released after 5pm on the Friday five (5) weeks before the exam period (June and November).

The live link in SI-net to apply for deferred exams will appear on the Monday after the end of semester exam timetable is released.

Applying for off-campus exams

If you cannot sit an exam in the end of semester or deferred exam block due to elite-level sporting commitments, you can also apply for an off-campus exam. If approved, the exam will be completed in an approved UQ exam centre, or with an approved supervisor at your location (including international locations).

Applications for an off-campus exam will be accepted no later than 14 days before the first day of the examination period.

If you think you may need to apply for an off-campus exam, please speak to EAP staff as soon as possible, or contact UQ Examinations directly.

Consult the UQ Academic Calendar to see key dates relating to teaching and examination periods, and whether they will clash with your sporting commitments. Assessment due dates are mapped out in the Electronic Course Profile. Keep an eye out for when exam timetables are released so that you are able to advise your Course Coordinators of any clashes in advance. In most cases, you can apply for a deferred exam or extensions, if needed.

If at any time you feel you are not coping well, or would like to discuss how to better manage your time and approach to study, please make an appointment with one of our EAP Staff.
UQ Sport Facilities and Services

The University of Queensland is home to the state’s largest multi-sport complex. Eligible elite-athletes can access training facilities across a range of venues with a UQ Sport Gold Membership.

UQ Sport delivers hundreds of sporting activities and manages multiple sporting facilities on campus – including Athletics, Aquatic, Tennis, and Fitness Centres – as well as more than 10 playing fields.

Registered elite student-athletes can apply for a free UQ Sport Gold membership, which will give them access to the following:

- UQ Sport Fitness Centre (including Group Fitness Classes)
- UQ Sport Aquatic Centre
- UQ Sport Tennis Centre
- UQ Sport Athletics Centre

To activate your Gold Membership, please contact EAP staff by emailing eliteathlete@uqsport.com.au

UQ Sport Competition Subsidy

The UQ Sport Competition Subsidy provides funding to assist student athletes with out-of-pocket competition costs, at eligible international and national sporting events. This program, funded through the Student Services and Amenities Fee (SSAF) is an initiative of UQ Sport and administered by the UQ Sport Academy.

This subsidy can provide students with a percentage of eligible out-of-pocket expenses. For more information and for how to apply visit uqsport.com.au/elite-athletes/competition-subsidy/

UQ Sporting Scholarships

UQ Sport help administer the various sporting scholarships available at UQ. Since 1990, UQ – in partnership with UQ Sport – has proudly been offering sporting scholarships to assist exceptional athletes balance their studies with the demands of elite-level sport. UQ offer a number of Sporting Scholarships on a yearly basis. For information about the sporting scholarships, including eligibility and rules visit uqsport.com.au/scholarships
UQ Sport Academy
The UQ Sport Academy is the high performance arm of UQ Sport. The Academy delivers first-class Strength and Conditioning programs, Sports Science Testing, Coaching Workshops, Athlete Counselling and more to a range of clients, including elite-level students, staff and the public. For information on accessing Academy services please contact uqsportacademy@uqsport.com.au

The EAP is delivered from the Academy Office, located at the top of the grandstand at the UQ Sport Athletics Centre. Entrance to the office is via the doors to the left of the Canteen.

In addition to the free UQ Sport Gold Membership, EAP staff will be facilitating the following elite student-athlete workshops and events throughout the year:

- Study Skills for Athletes
- Time Management and Planning for Student-Athletes
- Athlete Career Transitioning: Planning for Post-Sport
- Athlete Employability and Career Development
- Athlete Mental Health and Performance Skills
- Networking Skills
- Media and Interview Skills for Athletes
- Student Athlete Mentoring Groups and Training
- Elite Athlete Meet-ups

For further information, please contact EAP staff or join the UQ Elite Athletes Facebook group.

Contact details
UQ Sport Academy is located at UQ Sport Athletics Centre
The University of Queensland,
Sir William MacGregor Drive,
St Lucia, QLD, 4067

+61 7 3365 6223
uqsportacademy@uqsport.com.au

uqsport.com.au/academy
UQ Sporting Awards

UQ has a rich history of recognising excellence within its sporting community through the awarding of University Blues, and Club & Sport Awards, which recognise outstanding achievements and contributions to sport at the university.

UQ Blues Awards
Since 1912, Blue and Half Blue Awards have been presented to champion UQ sportsmen and women, in recognition of their outstanding sporting achievements, and for enhancing the reputation of university sport.
To be awarded a University Blue is one of the highest accolades a student-athlete can receive. Full Blue recipients are also presented with a commemorative UQ Blues Blazer.
The annual UQ Blues Awards Dinner is usually held in November. Please note, Blues Awards are self-nominating, with applications normally open from early September.

UQ Sport Club & Sports Awards
The UQ Sport Club & Sports Awards is a celebration of outstanding sporting achievements and club commitment.
UQ’s Sportsman and Sportswoman of the Year Awards are also presented to either a current UQ student, or a recent graduate, for both excellence in sport and contribution to university life.
The event is usually held in April. Visit uqsport.com.au/club-and-sports-awards for award nominations.
Your EAP Team

UQ Sport EAP staff have direct experience balancing elite-level sport and university studies, and are key contacts for any student-athlete during their time at UQ.

Emily Burrows
Elite Athlete Program Advisor

Emily has a Bachelor of Psychology and a Masters of Counselling, and is passionate about athlete welfare, performance psychology and team culture. During her time at university, Emily was a member of Australia’s Junior Hockey Squad, as well as the Queensland Academy of Sport. Emily also interrupted her studies to compete in the Scottish Hockey League. She is highly experienced in helping student-athletes balance their university and sporting commitments.

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Emily Bates
Elite Athlete Program Officer

Emily earned a Bachelor of Exercise and Sport Sciences from The University of Queensland, specialising in athletic development. Emily has first-hand experience managing the demands of elite-level sport with university study and life. While completing her degree, Emily represented the Brisbane Lions in the AFL Women’s (AFLW) competition, and was twice selected as an All Australian player. Emily continues to represent the Lions while working full-time with the UQ Sport Academy.

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Useful Links

My UQ
my.uq.edu.au

Student Services
uq.edu.au/student-services

UQ Academic Calendar
uq.edu.au/events

Applying for an Extension
my.uq.edu.au/node/218/1#1

Examination Queries
examinations@uq.edu.au

UQ Sport Academy
uqsport.com.au/academy

UQ Blues Awards
uqsport.com.au/blues

UniSport Nationals
unisport.com.au/nationals

UQ Sport Competition Subsidy
uqsport.com.au/elite-athletes/student-support/competition-subsidy/

Elite Athlete Status

General information – including an application guide
uqsport.com.au/elite-athletes/student-support/program/

Programs and Assessment for Elite Athletes Procedures Policy
ppl.app.uq.edu.au/content/programs-and-assessment-elite-athletes-procedures