



THE UNIVERSITY  
OF QUEENSLAND  
AUSTRALIA



UQ SPORT

# ELITE ATHLETE GUIDE



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**Aiden Zbranek**  
Bachelors of Engineering (Honours)/ Mathematics  
*Athletics*





# Elite Athletes at UQ

The University of Queensland (UQ) is a member of the Australian Institute of Sport (AIS) Elite Sport Education Network (ESEN). As part of the AIS Elite Sport Education Network, UQ Sport supports over 300 student-athletes within the Elite Athlete Program (EAP).

## What is Elite Athlete Status?

Eligible student-athletes can apply for Elite Athlete Status from UQ, which gives them access to academic considerations through the [Reasonable Adjustments for Students Policy and Procedure](#). Student-athletes granted Elite Athlete Status are invited to join the Elite Athlete Program (EAP).

## What is the Competition Subsidy?

The UQ Sport Competition Subsidy assists student-athletes by providing funding to assist with approved out-of-pocket competition expenses at eligible national and international sporting events.

## What is the Elite Athlete Program?

UQ Sport provides support through the Elite Athlete Program (EAP) for student-athletes seeking additional resources. The program provides a holistic approach to athlete support by utilising a dedicated UQ Sport Elite Athlete Program team.

# Elite Athlete Status

To access support available to student-athletes, students must first apply for Elite Athlete Status via the 'My Requests' page in my.UQ. If approved, the student will be invited to join the UQ Sport Elite Athlete Program.

## Eligibility

To be eligible for Elite Athlete Status, students must meet the criteria outlined in the [Reasonable Adjustments for Students Policy and Procedure](#). 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.

## Reasonable Adjustments Policy

Students approved for Elite Athlete Status through the UQ Academic Registrar have access to reasonable adjustments throughout the semester to manage their academic and sporting pursuits.

An important resource is the [Reasonable Adjustments for Students Policy and Procedure](#). This policy outlines UQ's strategy to enable elite-athletes an opportunity to maintain their academic commitments. It is strongly recommended that students familiarise themselves with the policy.

## Documentation you will need

Representation must be verified through supporting documentation from a coach or team official from your state or national sporting body. It is imperative to include the correct supporting documentation to ensure your application can be assessed correctly. The documentation must include:

- 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
- Signature of coach, high performance manager or state or national sporting body
- Date



**Anna Virgona**  
Strength and Conditioning Coach  
*UQ Sport*

**Rodin Martin**  
Bachelor of Engineering (Honours)  
& Master of Engineering, Enhanced studies  
*Rower*

## Lodging your application

Applications for Elite Athlete Status open four months before each semester commences. It is recommended that all applications are lodged well in advance of semester commencement. To access priority timetabling, students should have Elite Athlete Status before the class preferencing window closes each semester.

New students can apply for Elite Athlete Status once they have a UQ Student Number.

## Step-by-step guide

1. Submit application for Elite Athlete Status, including all relevant supporting documentation via the 'My Requests' page in my.UQ
2. Students are notified of the outcome via a letter of confirmation from the Academic Registrar in the 'My Requests' page in my.UQ
3. The student will receive an invitation to join the UQ Sport Elite Athlete Program.

## What happens next?

Once approved, the positive service indicator EAC (Elite Athlete Consideration) will be applied to your SI-net profile for the relevant semester. This is visible to UQ staff, however it is recommended to attach your letter of confirmation whenever requesting support from Academic Staff.

# UQ Sport Elite Athlete Program

The UQ Sport Elite Athlete Program (EAP) delivers a range of support services to EAP members.

- Free UQ Sport Total Access membership
- Personal development workshops
- Networking opportunities
- Wellbeing program
- Discounted Strength and Conditioning and Physiotherapy services
- Free Nutrition and Dietetics consultations
- Time management and planning for student-athletes
- Elite Athlete Program merchandise

## Elite Athlete Program team

The UQ Sport EAP team have experience balancing elite-level sport and university studies and are key contacts for any student-athletes during their time at UQ.

They offer general tailored advocacy to support student-athletes to thrive during their studies and sporting competitions. The EAP team is complemented by dedicated strength and conditioning coaches who genuinely care about student-athletes achieving their personal best. By joining the Elite Athlete Program, student-athletes can be part of a positive, close-knit sporting community of various sporting backgrounds, where people understand their journey and are committed to supporting each other to succeed.

*Pictured left to right:*

**Nicole Connacher**

Bachelors of Mathematics/ Commerce  
*Softball*

**Anna Virgona**

Strength and Conditioning Coach  
*UQ Sport*



# UQ Sporting Scholarships

New and continuing students who have demonstrated exceptional ability in both their academics and chosen sport, can soar to even greater heights with a UQ Sporting Scholarship.

UQ Sporting Scholarships provides significant financial and academic assistance to student-athletes. Applications open beginning of August.

For more information about Sporting Scholarships, including eligibility and rules, visit [uqsport.com.au/elite-athletes/scholarships/](https://uqsport.com.au/elite-athletes/scholarships/).

## UniSport Nationals

UniSport Nationals are national-standard sporting competitions in which student-athletes can represent UQ and compete against 40+ universities around Australia. Nationals are comprised of several standalone national championships throughout the year with over 30+ sports represented.

Student-athletes in the Elite Athlete Program are to represent The University of Queensland at the UniSport Nationals, provided the competition does not clash with other elite sporting commitments.

*Pictured left to right:*

**Madeline Kenny**

Bachelor of Clinical Exercise Physiology (Honours)  
*Hockey*

**Eve Gath**

Bachelors of Mathematics/Computer Science  
*Water Polo*

**Eliza Bridgefoot**

Bachelor of Architectural Design  
*Rowing*



# Competition Subsidy

The UQ Sport Competition Subsidy assists student-athletes by providing funding for eligible out-of-pocket competition expenses at national and international sporting events. For more information and for how to apply, visit [uqsport.com.au/elite-athletes/student-support/competition-subsidy](https://uqsport.com.au/elite-athletes/student-support/competition-subsidy)

Performance Category	Performance Level	Performance Category Limit	Annual Limit
1	UQ student-athlete as: a. Australian team member; and 1. Competing at an Olympic Games, Paralympic Games, World Championships, World Cup, World University Games or significant international competition.	Up to \$1,500	\$1,500
2	UQ student-athlete as: a. Australian team member; or b. Queensland, or other state or territory of Australia team member; and 1. Competing at a regional international competition e.g. Oceania, Trans-Tasman, Asia-Pacific; or 2. Competing at an Australian national championships (not including University Games/UniSport Nationals).	Up to \$1,000	\$1,500



## Eligibility

- Students must be currently enrolled at UQ during the relevant study period of your application
  - You must apply within 30 days post event
  - Claiming costs incurred directly to you for:
    - Flights/ground transport
    - Accommodation
    - Competition registration fees
    - Uniform that is essential to competing
    - Not previously reached your total competition subsidy annual limit of \$1,500
  - You must not have any outstanding UQ Club or UQ Sport membership fees
  - Your documentation (itemised invoices and payment receipts) must show and match the UQ student-athletes' name
- Applications cannot be received by a third party. All payment details must match and be incurred by the student athlete. Expenses for family members, teammates, coaches or other parties attending the event will not be covered
  - Requests by UQ Sport for additional supporting documentation must be supplied by the provided deadline as outlined by UQ Sport
  - UQ Sport has the absolute discretion to determine all Competition Subsidy applications. All assessment decisions are final and no appeal regarding a decision will be entered.

## What documentation will I need?

- Itemised invoices and payment receipts in your name as the student-athlete
- Supporting documentation that confirms your selection into a National or International level competition (please refer to the Performance Categories)

# Managing Your Commitments

EAP staff can assist all students with Elite Athlete Status, however it is important that students firstly take responsibility for managing their dual commitments and access the available support in a timely manner. It is recommended that students reach out to EAP staff at the beginning of each semester to check-in and access available resources.

It is important you communicate any clashes between your sport and study commitments with UQ and the EAP team well in advance.

## Communicating your class timetable

Students are welcome to include EAP staff in any email communications with UQ staff. Should you be unable to reach a cooperative outcome or require additional support, inform the UQ Sport EAP team as soon as possible.

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](mailto:eliteathlete@uqsport.com.au)

## Planning your class timetable

It is recommended to plan your weekly class timetable around any regular training commitments to assist in balancing sport and study during the semester. Students with Elite Athlete Status can request timetabling support during the class allocation process for courses that offer multiple class times.

*Please note, while every effort may be made to support timetable requests, it cannot be guaranteed.*

## How to use My Timetable

Students must have Elite Athlete Status before the preferencing window closes each semester. Students can register their preferred class times in My Timetable through my.UQ.

Class allocation has two stages:

1. Class preferencing
  - a. The class preferencing window opens four weeks before the semester begins and closes a week later (check the Academic Calendar or contact your Faculty/School for exact dates). During this time, students need to select their preferred class times for each course. Ensure you allow for alternative timetable options, should your first preference not be received.
2. Class adjustment
  - a. Students can review allocated timetables, swap class times if available, join waitlists to swap classes and allocate classes they missed during the class preferencing stage.
  - b. Review your timetable as soon as possible. The earlier you swap or add yourself to a waitlist, the better chance of getting the timetable you want.

If there are no available spaces in class times that you need and your current class classes with sporting commitments, contact your School or Faculty to request alternative options referencing your Elite Athlete Status.

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 on the side menu. If you need assistance with this process, contact EAP staff.

## Faculty/School Timetable contacts:

### **Business, Economics and Law (BEL):**

Business:

[business.mytimetable@uq.edu.au](mailto:business.mytimetable@uq.edu.au)

Economics:

[economics.mytimetable@uq.edu.au](mailto:economics.mytimetable@uq.edu.au)

Law:

[law.mytimetable@uq.edu.au](mailto:law.mytimetable@uq.edu.au)

### **Engineering, Architecture and Information Technology (EAIT):**

[eait.mytimetable@uq.edu.au](mailto:eait.mytimetable@uq.edu.au)

### **Health, Medicine and Behavioural Sciences (HMBS):**

[hmbs.mytimetable@uq.edu.au](mailto:hmbs.mytimetable@uq.edu.au)

### **Humanities and Social Sciences (HASS):**

Communication and Arts:

[timetabling.commarts@enquire.uq.edu.au](mailto:timetabling.commarts@enquire.uq.edu.au)

Education: [education@uq.edu.au](mailto:education@uq.edu.au)

Historical and Philosophical Inquiry:

[hapi@uq.edu.au](mailto:hapi@uq.edu.au)

Language and Cultures:

[slc.contact@uq.edu.au](mailto:slc.contact@uq.edu.au)

Music: [music@uq.edu.au](mailto:music@uq.edu.au)

Political Science and International Studies:

[polsis@uq.edu.au](mailto:polsis@uq.edu.au)

Social Science: [student.socsci@uq.edu.au](mailto:student.socsci@uq.edu.au)

Science: [science.mytimetable@uq.edu.au](mailto:science.mytimetable@uq.edu.au)

# Assessment Extension and Deferment Requests

Students with Elite Athlete Status can request an extension or deferment if there is a clash between competition commitments and assessments.

At the beginning of each semester, it is recommended that you review your sporting schedule against the learning activities and assessments outlined in the Electronic Course Profile (ECP). The ECP provides an outline of all assessment pieces for the semester.

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.

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.

*It is imperative you account for any travel days in your application with these clearly stated to avoid extension/deferment dates falling on a day of travel to/from competition.*

## End of semester exams

If you are unable to sit an end of semester exam due to 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 cannot 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 the 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.



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.

## Applying for off-campus exams

If you cannot sit an exam in the end of semester or deferred exam block due to sporting commitments, you can 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).

Your request to sit an exam off-campus must be submitted on the same day as your request to sit a deferred or supplementary exam. A deferred or supplementary exam application is separate to an off-campus exam application.

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.

*There are fees associated with sitting off-campus examinations.*

## Key due dates for off-campus exam arrangements

### **Off-campus deferred exams:**

Apply no later than five calendar days after the date of the original examination.

### **Off-campus supplementary exams:**

Apply no later than four calendar days after the release of final grades.

### **Off-campus exams in exceptional circumstances:**

Apply no later than 14 days before the first day of the examination period (for students in Australia), or no later than 16 days before the first day of the examination period (for students who are overseas).

*Please note, it is your responsibility to pay attention to exam timetables and due dates, and to submit any applications on time. Late applications are not accepted.*

# 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 Total Access Membership.

Elite Athlete Program members and UQ Sporting Scholarship recipients are provided a free UQ Sport Total Access membership which will grant access to:

- UQ Sport Fitness Centre
- UQ Sport Aquatic Centre
- UQ Sport Tennis Centre
- UQ Sport Athletics Centre
- Group Fitness classes

To organise your Total Access membership, please contact the EAP team.

## **UQ Sport Elite Athlete Program Office**

UQ Sport Athletics Centre  
The University of Queensland,  
Sir William MacGregor Drive,  
St Lucia, QLD, 4067

[eliteathlete@uqsport.com.au](mailto:eliteathlete@uqsport.com.au)

[uqsport.com.au/elite-athlete](https://uqsport.com.au/elite-athlete)





**UQ SPORT  
TENNIS CENTRE  
BUILDING 29**

**UQ SPORT  
AQUATIC CENTRE  
BUILDING 27**

**UQ SPORT  
ATHLETICS CENTRE  
BUILDING 29A**

**UQ SPORT  
FITNESS CENTRE  
BUILDING 25**

**UQ CENTRE  
BUILDING 27A**

# Useful Links

## **My UQ**

[my.uq.edu.au](https://my.uq.edu.au)

## **Student Services**

[uq.edu.au/student-services](https://uq.edu.au/student-services)

## **UQ Academic Calendar**

[uq.edu.au/events](https://uq.edu.au/events)

## **Applying for an Extension**

[my.uq.edu.au/node/218/1#1](https://my.uq.edu.au/node/218/1#1)

## **Examination Queries**

[examinations@uq.edu.au](mailto:examinations@uq.edu.au)

## **UniSport Nationals**

[unisport.com.au/nationals](https://unisport.com.au/nationals)

## **UQ Sport Competition Subsidy**

[uqsport.com.au/elite-athletes/student-support/competition-subsidy/](https://uqsport.com.au/elite-athletes/student-support/competition-subsidy/)

## **Elite Athlete Status**

### **General information – including an application guide**

[uqsport.com.au/elite-athlete](https://uqsport.com.au/elite-athlete) 3.50.06 Reasonable Adjustments Policy - Students

### **Programs and Assessment for Elite Athletes Procedures Policy**

[ppl.app.uq.edu.au/content/programs-and-assessment-elite-athletes-procedures](https://ppl.app.uq.edu.au/content/programs-and-assessment-elite-athletes-procedures)



**Anja Nayar**  
Bachelor of Biotechnology  
*Tennis*



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