

AIS

Personal Excellence

WHY

The athlete of today lives in a world where there is greater scrutiny and pressure on all areas of their life. It is important the athlete is armed with knowledge and skills to understand the decisions they may make along the high performance pathway can impact on their performance. The Australian High Performance system is about consistent and sustainable success for athletes and equipping them to manage their high performance journey and achieve life ambitions.

WHY

The PE program places attention on the PE Principles through the three PE key learning areas

WHAT

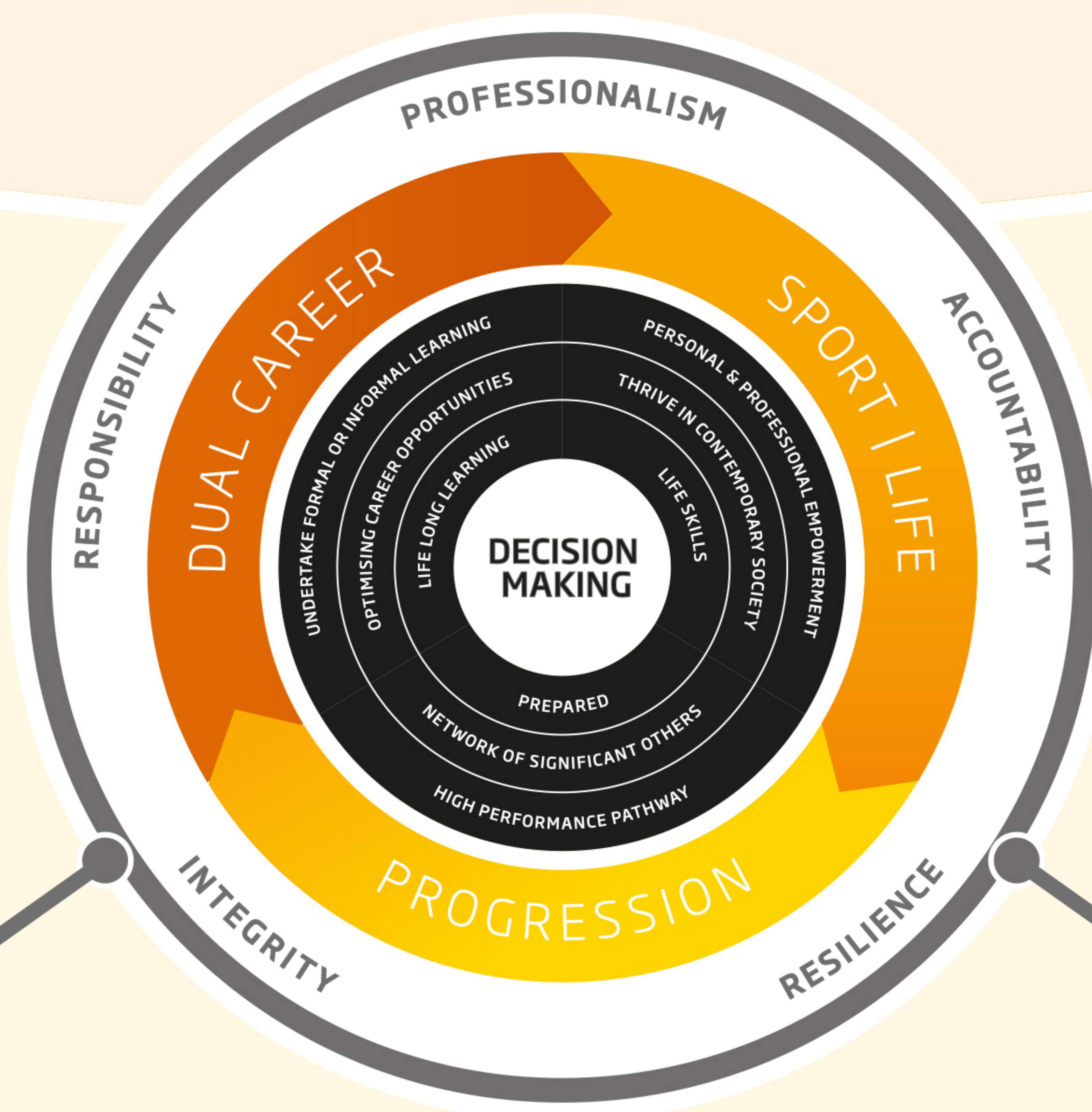
Dual Career

Guidance to undertake formal and informal learning to promote a post-sport career and foster a culture of lifelong learning.

WHAT

Sport | Life

Assistance in identifying transferable skills and competencies developed within the HP environment then further enhanced to manage the demands and challenges across sport and life.



PE Principles

PE Principles

Progression

Guidance, assistance, knowledge and skills to be prepared, well informed and ready for critical transition points such as selection, de-selection and relocation to successfully navigate through their own HP pathway.

Developing and demonstrating the PE Principles and applying them to the three key learning areas will have a positive impact on performance in sport and life.

HOW

myAISplaybook (mAp) is a secure and exclusive online portal for AWE categorised athletes to communicate and learn from each other, access educational content and other information as well as understand the PE Principles.

The AIS, your NSO and/or SISSAS can provide PE services, support and specialised programs that will promote personal and professional empowerment and support holistic development.

Guidance materials, resources and learning opportunities are available.

HOW

The Elite Athlete Friendly University (EAFU) network is delivered by endorsed universities who have responded to assisting elite student athletes with combining their academic pursuits while achieving their sporting aspirations.

For further information on the PE support and services available contact the AIS, your NSO, SIS/SAS or the myAISplaybook unit at myAISplaybook@ausport.gov.au