

PLANNING FOR SUCCESS

I MADE IT

Selected onto a National Underage Team



Rowing will be all-consuming for the duration of the campaign. You must consider how your studies or employment will be impacted and who to speak with in order to best manage that with minimal disruption. Rowing Australia will provide a letter for your school/university/employer, detailing your commitments and absences during this period.

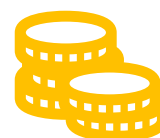


Recognise that you might need support at this stage

– financial assistance, increased medical or physio treatments, managing your wellbeing etc. Consider what you need and who in your support network might be able to offer that.



Ensure your passport is up to date, before you run out of time! You must have a current Australian passport, valid for the period of international travel, plus at least six months after the return date.



Consider ways to help you finalise payment of your seat fee:

- Assistance from parents
- Conduct fundraising activities
- Part-time work
- Club, state or SIS/SAS support

Once you have been selected it is critical that you manage yourself well in order to ensure you are well prepared for a successful and enjoyable campaign:



- Have I spoken with the right people about managing my competing work/university/training schedules?
- Have I made contact with the Team Manager?
- Do I have a list of people that I can contact for support in different areas?
- Do I have a current Australian passport with at least 6 months validity?
- Have I arranged for payment of my seat fee?

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