

Name:

Date ALP completed	
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If your Advisor has sent this to you, begin below by describing your long term life goal...



MY LONG TERM PICTURE

**My long term goal
in life is to ...**

Paint the picture of the next few years...if you are unsure of where to put your goals, list them below and you can add them in when you meet with your Advisor

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MY PERFORMANCE GOALS

THE NEXT 12 MONTHS			
Type of event	Event	Outcome Goal	Date and venue
National events (next 12 months)			
International events (next 12 months)			
Future events (post 12 months)			
Top 3 Goals for the coming year	1		
	2		
	3		

ABOUT ME

Date ALP completed

Can we check we have all your personal contact details up to date?				Advisor notes
Name		Known as (if different)		
Known as		Sport		
Date of Birth		Card Number (filled in by Advisor)		
Home Phone		Card level		
Business phone		Current region		
Mobile				
Email #1		Do you have a Facebook Page?		
Email #2		Do you use Twitter?		
Website address		Skype name		
Street Address		Postal address		
Suburb		City and Postcode		
Region		Country		
Preferred mode of contact: (delete where appropriate)		Phone / Email / Skype		
COACH AND ADVISOR SUPPORT DETAILS				
Athlete Life Advisor		Advisor contact details		
Coach name		Coach contact details		
Coach support		Coach support contact details		
Performance Planner		Performance Planning contact details		
ABOUT MY STUDY...				
Are you studying	Yes No	Education institution		
Course name		Campus location (or extramural)		
Majoring in...		Part time or full time		
How long till complete		What scholarship (if any are you receiving)		
ABOUT MY WORK...				
Are you working	Yes No	Job role		
Employers name		Number of hours		
Employers location		Part time or full time		

MY SUPPORT TEAM

WHO IS IN YOUR SUPPORT TEAM?		Advisor notes
Education		
Employers		
Family		
Financial support (ie sponsors)		
Friends		
Organisational support (i.e manager)		
Peers		
Significant other		
Sport Support (Coach, NSO etc)		
Support Services		
Training Group		
Other...		

PAY IT FORWARD...

Many elite athletes have links within the community, providing support to areas of interest, or to those that have supported you. Would you like to give back to the community or your support network in any way?

Who	How you want to be involved, give back or offer others...	

MY SKILLS PROFILE – Life skills for High Performance: (Where am I at?)

For your longer term development as a high performance athlete rate your competency in each of these areas:

Copy and paste this dot ● into the chart with how competent you feel in each area with 1 being less competent, and 5 being highly competent (1 at the inside, 5 at the outside of circle)



MY AREAS OF HIGH PERFORMANCE LIFESTYLE SKILL DEVELOPMENT (from the wheel above)

What professional development opportunities would you like to work on with your Athlete Life Advisor over the next 12 months?
(if you are not sure, complete this when you meet with your Advisor)

Area of skill development...	How do you want it to be? (what does success look like)	What actions do you wish to undertake?	When do you hope to achieve this?	Review	Advisor notes
Managing Sport Lifestyle					
Relationship management					
Overseas competition					
Relocation					
Managing change					
Professionalism					
Developing Personal Leadership skills					
Goal setting					
Planning					
Decision making					
Time management					
Communication					
Public speaking / media					
Managing Finances					
Your financial plan					
Athlete and Business					
Sponsorship					
Career and Education					
Education					
Employment					
Career					
Are there specific times of the year that are more suitable to professional development opportunities?					Advisor notes

ATHLETE LIFE PLAN IMMEDIATE PRIORITIES

What are the immediate needs that might have an impact on your sport performance that we can help with?

Current priority	Action Note	To be actioned by whom	Date	Advisor notes
Managing sport lifestyle				
Developing Personal Leadership skills				
Managing Finances				
Career and Education				

COMMUNICATION AND FOLLOW UP

Follow up communication will include (complete with your Advisor)	
Future follow up appointments with my Advisor will be	

ADDITIONAL NOTES

Further notes...	