

**ATHLETE DEVELOPMENT PROGRAM**

# ADP

**ELITE ATHLETE SCHOLARSHIP  
STRENGTH + CONDITIONING TRAINING**



Flinders  
University

**SPORT &  
FITNESS**



# ADP



*Launched in 2018, The ADP is a SSAF funded student scholarship program for 60 elite athletes each year. Allowing access to specialized strength and conditioning support and programming.*

- **4 x training sessions per week** (Mon and Wed 8:30am to 10:30am & Tue and Thur 2:30pm to 4:30pm)
- Athletes can attend anytime during these times. (recommended 2x sessions p/wk)
- Two trainers' p/session plus Exercise Science placement students
- We have 4-6 trainers available and qualified to coach ADP
- 2/3 coaches do the programming for the Athletes and it takes approx. (5 athletes per hour to program/ plan their sessions).
- Each athletes training block will last 4-6 weeks depending on their progress, attendance and or training season needs. Trainers program holistically to ensure longevity within their chosen sport.
- Athlete positions are reviewed, and any new applications are accepted mid year. (75% retention rate)
- They receive free 24/7 gym membership including recovery and comp Unisport Reg fee





# ADP – Exposure Points



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## *Why the Point System?*

Enhance the connectivity of the program to the FUSF community and SPORT participation. ADP members to be the leaders of sport and gym culture/ etiquette in our community.

## *Rules of the points:*

30 points by the end of the year to remain in the program. 15 points by end of S1.

## *Point Allocation:*

Welcome breakfast – 3 points

Perfect monthly attendance – 1 points

Social media story/ reshare – 1 points

Sharing & tagging their sport results on socials – 2 points

Surveys/ testimonials – 1points

Annual Awards Gala attendance – 5 points

Unisport nationals – 10 points

SA Challenge participation – 5 points

FUSF sport club member - 5 points

FUSF event participation – 5 points

Australian representative – 10 points

Referring ADP or JADP members – 2 points



# ADP – Benefits



## ***Athlete:***

- Athletes receive quality sports specific strength and conditioning training. Increased knowledge, training techniques and body awareness.
- Increased sport performance and rehabilitation/ recovery support
- Strong sense of belonging and community
- Lifelong friendships and connections with other athletes – enriching their uni experience.

## ***FUSF/ Flinders University:***

- Increased involvement and participation in SA Challenge and general social media engagement.
- Opportunity of placement for Uni courses, Exercise Science/ EP/ Nutrition Dietetics
- ADP allowed for the development and launch for our Junior ADP. JADP is for ages 14-18yrs of age. 31 athletes over the last 2 years. Average 12/13 per term, paying per term. \$300 for one session per week or \$500 for two sessions. JADP is designed to be the feeder program for ADP, increasing Flinders University enrolments in the future.
- Role models of gym etiquette and behaviour





# ADP Survey



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## *Did you choose to study at Flinders University because of the ADP, was it a deciding factor and why?*

“Yes I chose Flinders because of the ADP” - Fraser

“Initially, I chose to study at Flinders University because of its athletic pathways and close connection to Flinders Athletics Club, which offered convenient and high level training opportunities. While the ADP wasn’t the primary factor in my initial decision, it has since become a major highlight of my university experience and a key reason I’ve remained at Flinders”. - Oakley

“When I was choosing my degree, I considered different universities based on their Health and Physical Education courses, but also because of their benefits for athletes. On the Flinders website, I saw the Athlete Development Program and Elite Athlete status benefits, and I knew it would make my university experience even better. Having a way to connect with other athletes and having access to high quality coaches influenced my decision to study at Flinders”. - Emma

“Yes, the ADP was a deciding factor in choosing to study at Flinders University. After spending nine months playing sport in an American college, I wanted to be closer to home while still training and playing at a high level. The ADP allowed me to manage my athletic commitments while studying, making Flinders the right fit”. - Noah





# ADP Survey



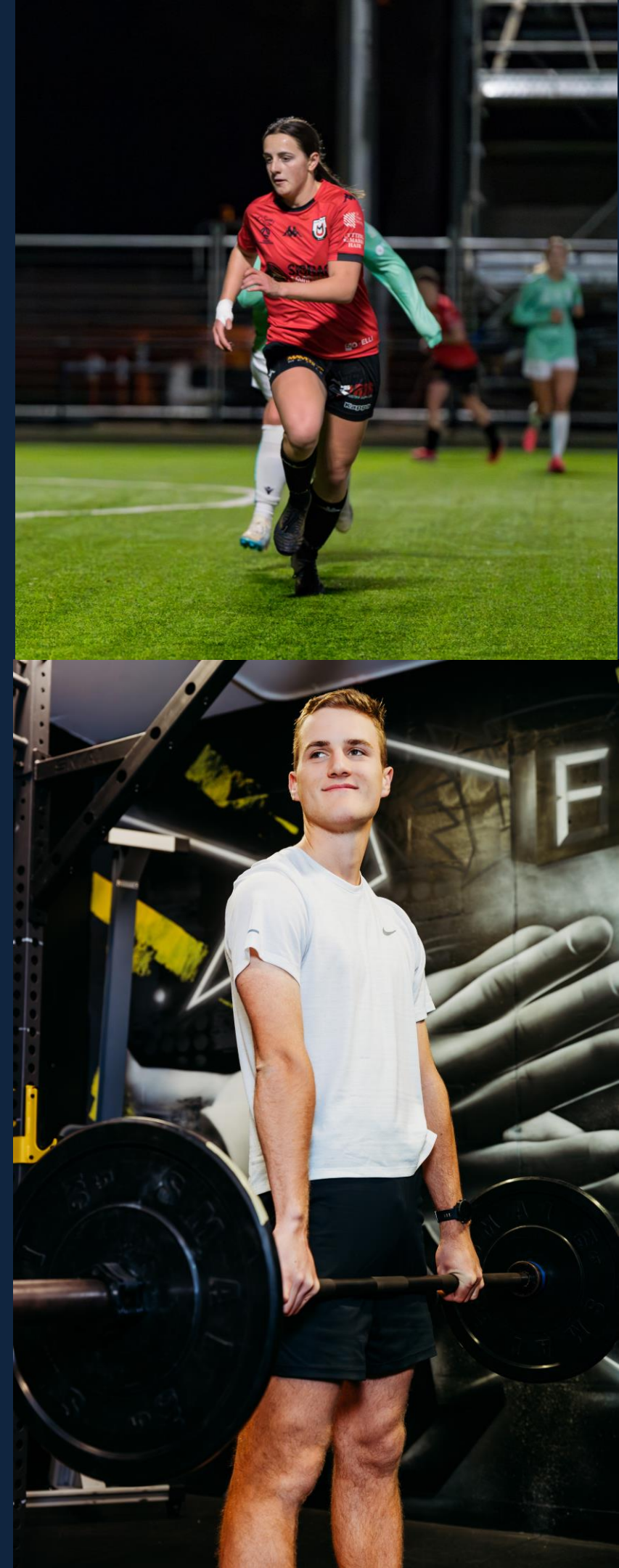
## *Is the ADP part of why you continue your tertiary studies?*

“Yes. As I have progressed through my study there have been opportunities to study interstate. Part of the reason I choose to continue my studies at Flinders is because of the opportunity and support provided by the ADP program”.  
- Imogen

“ADP isn't necessarily why I continue my studies, but it is part of the reason I am getting through my tertiary experience. I am coming up to finishing my 4 year Bachelor degree, and having the program each year helped me to see my university experience as more than just studying but as a community”. - Emma

“Yes, the ADP has been instrumental in my decision to continue studying at Flinders. It has provided me with a supportive, encouraging and fun environment that has enhanced both my academic and athletic development, making it a key reason I have chosen not to transfer to another university”. - Oakley

“The ADP is a big part of why I’ve been able to continue my tertiary studies. It gives me support with managing my schedule, especially when I have training or competitions that clash with classes or assignments. Without that understanding and flexibility, it would’ve been much harder to balance both”. – Noah





# ADP Survey



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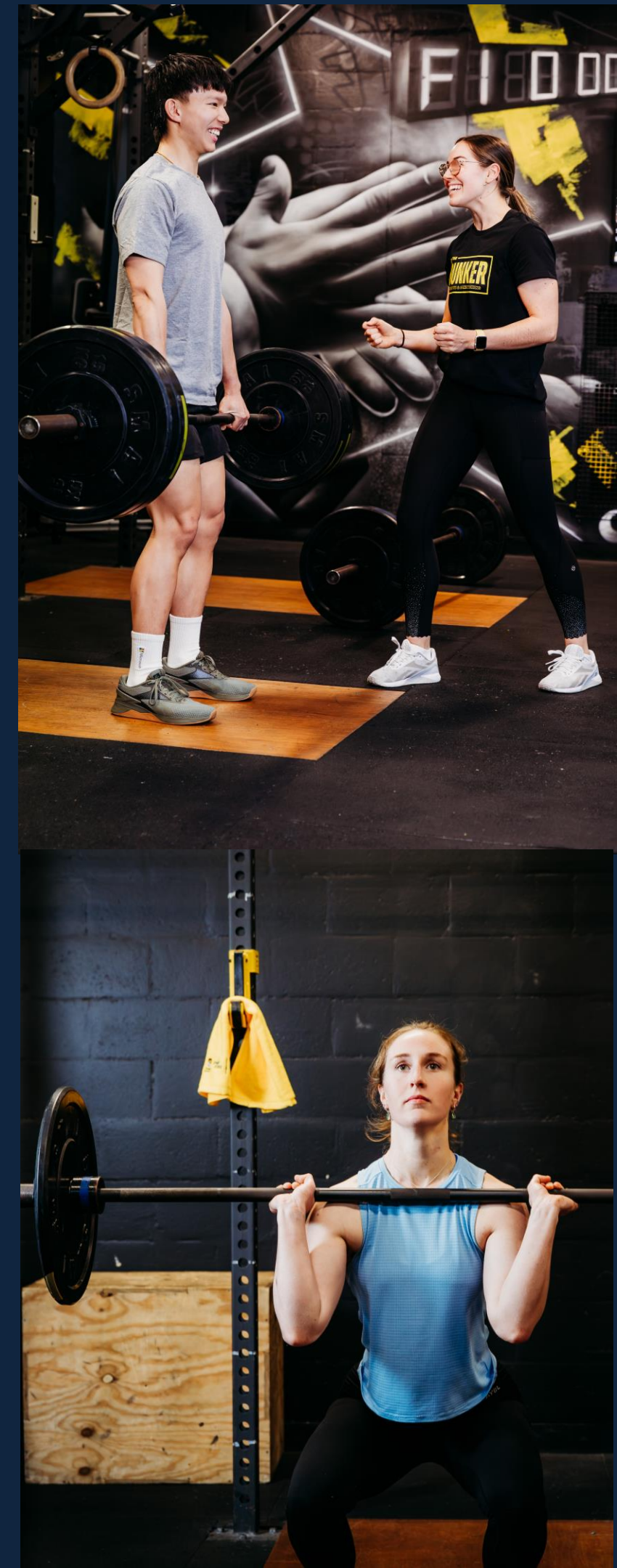
## *What benefits as a student does the ADP provide to you?*

“Benefits provided are just the coaching and facilities at no cost. (I couldn’t afford ADP if it was a paid program)” – Fraser

“The ADP has helped me build muscle, develop my weaknesses and prevent injuries as an athlete. It has provided me with access to a gym and a great community during my schooling”. - Noah

“The number of benefits provided by the program are endless. Now studying a higher degree of education has meant my time has been stretched thin. Having the convenience of the gym and the facilities offered close by has made time management much easier. Finally, the atmosphere and coaches have provided a supportive environment which have allowed me to grow into a more confident athlete and as a student. The friendships I have made through the program will last a lifetime”. - Imogen

“The ADP program has benefited my use of the university's resources. By having access to the gym and being near the hub on campus, it has helped me to know what study spaces are available, the best snack spots, and to get involved with the different themed days/weeks. If I wasn't using this space, I would have stayed at the top of the hill in the education building. Also, ADP has benefited my balancing of study and sport. By having a dedicated time and space for gym with a quality program, it ensures I can prioritise my training on days I am at Uni and it provides me with more time to focus on study because I don't have to worry about creating my own gym program. Ultimately, ADP has helped me mentally, physically and emotionally as I progress through a busy degree”. - Emma





# ADP Survey



## *Have you obtained better grades/ benefitted from the educational environment within ADP?*

“While I do not study health, as a junior level coach I have learnt so much from the program which I have been able to carry into my own coaching and training. I have also been able to pass this information on to other junior coaches and athletes around me”. - Imogen

“I definitely benefit from the education environment within ADP as it expands my connections and will highly benefit me in the future as a health science student”. - Jaehyun

“The ADP has significantly deepened my understanding of training principles, exercise prescription, athlete monitoring, and load management. This hands-on learning has directly complemented my physiotherapy studies, helping me apply theoretical knowledge in a practical context. In many ways, the learning I’ve gained through the ADP has been more impactful than university lectures”. - Oakley

