



## **TEAM – Trinity Elite Athlete Mentoring**

In the current educational climate, where great importance is placed on mental health and well-being, it is vital that young men experience a well-rounded curriculum where an emphasis on striving to do your best in all respects is evident. Within the College's Spirit of Excellence, to ensure our high achieving student athletes are maximising their opportunities and potential moving forward, the College is excited to again offer the TEAM Program.

The acronym **TEAM** (*Trinity Elite Athlete Mentoring*) was devised to reflect the key focus of the program; to provide *guidance* through mentoring athletes managing the dual demands of their academic and sporting commitments. Targeting elite and high performing athletes who meet the eligibility criteria, the ideal is to provide advocacy to those students who seek to combine their sporting goals with productive and challenging academic pathways.

It is hoped that TEAM will enhance the connectedness and overall well-being of student athletes in balancing the demands of study and sport during their time at the College. Through the program, athletes develop mental skills, gain exposure to development opportunities, have access to performance aids and are provided with the support networks necessary to assist them in managing their many demands, in particular those related to their busy schedule of academic and sport related activities.

Students wishing to access the support of the College's **TEAM** Program are required to meet eligibility by competing at a State or National level. This can be demonstrated by current membership of a State or National squad or team – *eg. Australian Institute of Sport or West Australian Institute of Sport.*

Please see the attachment to the email sent to parents for further information and instructions regarding applications. Any queries should be directed to Mr Ryan Lockyer – [lockyer.ryan@trinity.wa.edu.au](mailto:lockyer.ryan@trinity.wa.edu.au)