The Australian Institute of Sport {AIS}

By Tylar Foster-Wall

The AIS is an high performance sports training

institute.

It is in Canberra and was opened in 1981. The Institute was founded by Malcolm Fraser, the then Prime Minister of Australia.

Athletes can go to the AIS at the age of 12 until 24. They need to be Australian citizens or a permanent resident.

The AIS teaches positive sportsmanship, fitness, healthy living and mental health.

Teenagers go to the AIS to help stop them from dropping out of sports and help families pay for it through scholarships.

Athletes can live on campus. They live in single rooms with communal living and bathrooms. There can be up to 200 guests.

Some famous athletes that went to the AIS are



* Ricky Ponting (Cricket) (2011)
* Anna Meares (Cycling) (2011)
* Jamie Dwyer (Hockey) (2011)
* Malcolm Page (Sailing) (2011)
* Matthew Cowdrey (Swimming) (2011)
* Kerry Saxby–Junna (Athletics) (2006)
* Lauren Jackson (Basketball) (2006)
* Chantelle Newbery (Diving) (2006)

The AIS works on the athlete’s whole person to create the best person they can be.