

## INDIVIDUAL FUNDING

Funding is available to support clubs, groups and students who are involved in co-curricular activities. If you are looking to compete at a representative level in sport, be sure to check the criteria and guidelines on our website to see if you are eligible.

**SCAN QR CODE TO VIEW INDIVIDUAL SPONSORSHIP AND TO APPLY**



SCAN ME

## BLUES AWARDS

A University Blues Award is one of New Zealand's most prestigious and long-standing awards that recognises a university student's performance in representing their region and/or New Zealand at the pinnacle of their sport while successfully progressing their academic studies.

From the pool of Blues Awards recipients, a range of Premier Awards are presented.

**SCAN QR CODE TO VIEW BLUES AWARDS INFO**



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## CONTACT US



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**ALSO CONTACT US FOR GENERAL SPORTS ENQUIRIES VIA EMAIL AT**



Sports@vuw.ac.nz

*University Recreation*  
clubs | sports | fitness



1897 VICTORIA UNIVERSITY OF WELLINGTON TE HERENGA WAKA



**ATHLETE SUPPORT AT VUW**

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## THE STUDENT ATHLETE NETWORK

The Student Athlete Network recognises the challenges associated with balancing performance sport and study. It aims to help students with these demands and achieve their potential through practical assistance, development opportunities and a supportive community.

### SERVICES INCLUDE:

- Advice and support
- assistance with academic and sporting clashes
- Access to sponsorship funding
- Connecting student athletes together

### IDENTIFIED MEMBERS ALSO RECEIVE

- Free fitness membership
- Support from a qualified fitness trainer

*"I REALLY APPRECIATE ALL OF THE ONGOING SUPPORT, AND THE GYM ACCESS HAS BEEN SUCH A KEY PART OF MY TRAINING. IT'S REALLY COOL TO HAVE PEOPLE LIKE YOU IN MY CORNER."*

SCAN QR CODE TO REGISTER FOR THE STUDENT ATHLETE NETWORK



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## BALANCING SPORT AND STUDY

Te Herenga Waka is here to help you navigate them successfully.

Below is a brief guide and some key tips to help you stay on track and get the most out of your university experience—both on the field and in the classroom.

### TOP TIPS FOR STUDENT-ATHLETES :

#### **Be proactive and start conversations**

- Connect with your Student Success Adviser—they're your go-to person for support with your academic goals, understanding your degree requirements and making informed decisions about your study pathway.

#### **Meet your course co-ordinators**

- Don't be whakamā. Say hello to the lecturers. Introduce yourself. Let them know when conflicts with sport arise.

#### **Plan and communicate early**

- The sooner you plan your schedule and notify your lecturers and Student Success Adviser about upcoming sporting commitments, the easier it is to find flexible solutions.

#### **Engage with University Recreation**

- Your University Recreation Sports team is your key contact for athlete support. They'll connect you with the right people and help you navigate the balance between sport and study.



### OUR TOP TIPS CONT:

#### **Understand the process**

- Knowing the correct steps helps you access the right support. Don't wait until the last minute.

#### **Build your personal brand**

- Take ownership of your journey. Respond to emails, engage with staff, and show initiative—these habits build a positive reputation.

#### **Stay on top of deadlines**

- Good time management is essential to meet both your academic and sporting commitments without compromise.

#### **Know your eligibility**

- Familiarise yourself with the Assessment Handbook criteria—13.1 General Principles: athletes must be competing at a minimum of national or international representative level to be eligible for special consideration.

#### **Academic Advocates**

- And finally, there is a named senior academic who will help you if there are any challenging hurdles to managing your sporting and your academic commitments. Your Student Success Adviser will help you to contact the academic advocate.



**ATHLETE SUPPORT ENQUIRIES**  
Athletesupport@vuw.ac.nz



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