

Courtney Duncan Award for Most Committed Sportsperson



CRITERIA

- attend regular practice sessions and/or undertake private training to maintain the required standard of fitness and to increase skill level
- take part in scheduled sporting competitions
- shows commitment to their sport by giving back as a coach and/or volunteer

Applicant: _____ Year Level: _____

Please make sure you read the criteria for this award

Sport Code/Codes that qualify you for this award:

Describe your training schedule (include any private/extra training in the last 12 months):

Describe the sporting competitions you have taken part in in last 12 months:

What do you do to give back to your sport? (eg coaching/volunteering):

Tell us how Covid has affected your ability to compete or train, if so, how did you overcome this and what training did you take part in to keep up you level of fitness for when/if the sport resumed.
