

Training Scheme for Public Sector Employees
Flexi Training Scheme 2023/2024
Application Form

Name of Athlete	
Name of Association / Federation:	
SportMalta Registration No of Association/Federation of applicant:	
Name of Club of applicant:	
SportMalta Registration No of Club of applicant:	
Sport Discipline:	


Section A: Details of applicant's employment

Ministry										
Department										
Grade										
Scale										
Telephone (fixed line):										
Telephone (mobile no):										
E-mail of Head of Department :	@									

Write down the typical 40 hours week at the place of work:

Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Working hours (from – to)							
Break time (from – to)							

If employment is on shift basis or you have different working hours between summer and winter months, please give details below:



I, the undersigned, declare that I have read, understood and accept the terms and conditions relating to this scheme and that all the information submitted in this application is complete and correct. Thus, I approve that the applicant applies to participate in this scheme.

Signature of Employee/
Athlete's Head of Department

Signature of Employee/Athlete's HR Manager

Name and Surname of Signatory:

Name and Surname of Signatory:

Section B: Applicant's Personal Details

Surname:																			
Name:																			
Identity Card No:																			
Date of birth:	Day						Month						Year						
Sex:																			
Address	Door Number /																		
	Street																		
	Locality																		
	Post Code																		
Telephone (fixed line):																			
Telephone (mobile no):																			
E-mail :	@																		

Season 2022/23

During the last season, were you chosen by your national association/federation or the Maltese Olympic Committee to be part of the national team to represent Malta in an international competition which is part of the **international calendar** of your international federation? Please mention all these events and results obtained.

Where there any injuries during last season which effected your performance?

Please write down the link of your profile on the website of:

National federation: _____

International Federation: _____

Is this the first time you are applying for this scheme? Yes/No.

If no, please write down all the seasons you were on the scheme, the and the best performance achieved:

Season	Event and best performance achieved	Number of hours granted (to be completed by office)
2022/23		
2021/22		
2020/21		
2019/20		
2018/19		

Please circle the criteria according to your **current** sports level:

Scheme A	Up to 30 hours	<ul style="list-style-type: none"> • Medallist in the last edition of European Championships, Mediterranean Games, European games, Commonwealth Games • Finalist* in the last edition of Olympics, Paralympics, World Championships or any other games/ championships/ cups which are the sole event that gives the world champion title of the said event to the winner. If there are no rounds, the athlete must finish in the top 10 percentile. • During the previous season, the athlete achieved: <ul style="list-style-type: none"> ○ athletics IAAF points – 1100 points or an average of 1080 on 3 valid performances (main event) ○ swimming: points – 820 points or an average of 800 on three races (main event) ○ trap: average of best 3 competitions of 122(men)/ 120 female. One of the events must be an international event. ○ skeet: average of best 3 competitions of 123/ 121 female. One of the events must be an international event. ○ pistol: average of best 3 competitions of 580 male/570female ○ bowling: average of the best 3 competitions 240(men) and 230(female). One of the competitions must be international. ○ martial arts/racket sports: top 25 in the world rankings or top 10 in European rankings • World ranking: top 5 in an Olympic Sport and top 3 in non-Olympic Sport. • European ranking: top 3 in an Olympic Sport and top ranked in non-Olympic sport
Scheme B	Up to 20 hours	<ul style="list-style-type: none"> • Finalist* in the last edition of European Championships, Mediterranean Games, European games, Commonwealth Games, • Semi-Finalist* in the last edition of Olympics, Paralympics, World Championships or any other games/ championships/ cups which are the sole event that gives the world champion title of the said event to the winner.

		<p>If there are no rounds, the athlete must finish in the top 25 percentile.</p> <ul style="list-style-type: none"> • Medallist in championships/cups with more than 20 participating countries in the event • Qualified by standard (not invitational card) for the next edition of Olympics, Paralympics, Commonwealth Games, European Games, World Championships, or any other games/ championships/ cups which are the sole event that gives the champion title of the said event to the winner. • During the previous season, the athlete achieved: <ul style="list-style-type: none"> ○ athletics IAAF points – 1050 points or an average of 1030 on 3 valid performances (main event) ○ swimming: points – 800 points or an average of 785 on three races (main event) ○ trap: average of best 3 competitions of 120(men)/ 118 female. One of the events must be an international event. ○ skeet: average of best 3 competitions of 121/ 119 female. One of the events must be an international event. ○ pistol: average of best 3 competitions of 570 male/560 female ○ bowling: average of the best 3 competitions 240(men) and 230(female) ○ martial arts/racket sports: top 25 in the world rankings or top 10 in European rankings with more than 100 athletes ranked. • Multiple medallists or a Gold Medallist in the last edition of GSSE in individual event • World ranking: top 10 in an Olympic Sport and top 5 in non-Olympic Sport • European ranking: top 5 in an Olympic Sport and top 3 ranked in non-Olympic sport
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Scheme C	Up to 10 hours	<ul style="list-style-type: none"> • Silver or Bronze Individual medallist in the last edition of GSSE • Medallist in championships/cups with less than 10 participating countries in your event[§] • During the last season, the athlete achieved: <ul style="list-style-type: none"> ○ athletics World Athletics points – 900 points with legal wind. ○ swimming: World Aquatics points – 625 points ○ trap: average of best 3 competitions of 115(men)/113 female ○ skeet: average of best 3 competitions of 117/ 115 female ○ pistol: average of best 3 competitions of 570 male/560female ○ bowling: average of the best 3 competitions 220(men) and 210(female). • World ranking: top 15 in an Olympic Sport and top 8 in non-Olympic Sport • European ranking: top 8 in an Olympic Sport and top 5 ranked in non-Olympic sport.
Scheme D	Up to 5 hours	<ul style="list-style-type: none"> • Medallist in doubles/teams events in the last edition of GSSE in an individual sport • During the last season, the athlete achieved: <ul style="list-style-type: none"> ○ athletics World Athletics points – 850 points with legal wind. ○ swimming: World Aquatics points – 550 points ○ trap: average of best 3 competitions of 113(men)/111 female ○ skeet: average of best 3 competitions of 115/ 113 female ○ pistol: average of best 3 competitions of 560 male/550female ○ bowling: average of the best 3 competitions 210(men) and 200(female) • Medallist in championships/cups with less than 10 participating countries in your event[§] • Qualified by standard (not invitational card) for the next edition of GSSE in the year of the games

		<ul style="list-style-type: none"> • Top 50 percentile in the last edition of Olympics, Paralympics, Commonwealth Games, World Championships or any other games/ championships/ cups which are the sole event that gives the champion title of the said event to the winner. • National Champion with more than 5 athletes in the event in the last edition of the National Championships.
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*There must be a previous round

§ Subject to vetting of the event

Only the Open International federation rankings are taken in consideration.

Season 2023/24

Write down the discipline/s that you train for and the results achieved:

Discipline	Best result ever achieved (Personal best)	Best result achieved last season (Season best)	Best results of previous seasons: (if applicable)		Aims for the season 23/24
		2022/2023	2021/2022	2020/2021	

Please attach the domestic and international calendar with a clear indication of your main competitions.

Write down the details of the main competitions for next season:

Date	National competition	Aims

Dates	International Competitions	Have you qualified? If not when is the last chance to qualify?	Aim

Give an indication of how the hours allocated will be used throughout the season

Month	Periodization	Flexi scheme hours
<i>e.g: August 22</i>	<i>Off-season</i>	<i>0 hours</i>
<i>September 22</i>	<i>Pre-season</i>	<i>40 hours</i>
December 23		
January 24		
February 24		
March 24		
April 24		
May 24		
June 24		
July 24		
August 24		
Total	<i>Not more than 39 weeks * flexi hours requested:</i>	

Write a typical training week if you are granted the hours:

Day	Morning (time and place and location)	Evening (time and place)
<i>Eg</i>	<i>7am-9am, gym at Marsa Track</i>	<i>5pm-6pm shooting at Ta Kandja</i>
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

The tentative monthly training schedule shall be sent by the 27th day of the previous month as per clause 14 of the Terms and Conditions. If tentative report is not sent, the above listed schedule shall be used for spot checks. Failure to be present during spot checks may result in forfeiting that month's claim or forfeiture of flexi scheme contract.

Section C: Details of Association/Federation

Name of Association/Federation:										
VO number										
Address	Door Number/ House Name									
	Street									
	Locality									
	Post Code									
Telephone (fixed line):										
Telephone (mobile no):										
E-mail:	@									

Section D: Details of Coach

Surname:																			
Name:																			
Identity Card No:																			
Date of birth:	Day						Month						Year						
Address:	Door Number /																		
	Street																		
	Locality																		
	Post Code																		
Telephone (fixed line):																			
Telephone (mobile no):																			
E-mail:	SPORTMALTA@																		

How long have you held this position within the National Association/Federation?

Coaching qualifications:

I, the undersigned, declare that I have read, understood and accept the terms and conditions relating to this scheme and that all the information submitted in this application is complete and correct.

Signature of coach

Date

Section E: Documentation attached to this Application:

I declare that I am attaching the documents listed below with this application:

1. Letter from applicant's HR manager stating permission and approval of the responsible Head of Department for the applicant's participation in this scheme.
2. Certificates of coaching qualifications of Coach.
3. A recent Police Conduct certificate.
4. Documents relating to the athlete's latest performances to support the potential scheme, including a declaration by the Association/Federation referenced in section C that the athlete is part of the national team or has the potential to be part in the coming season.

Important:

If the application is approved, every month the HR manager or Head of Department may request the training programme reports submitted by their employee/athlete and authorized by the MOC. This request should be sent to the MOC, as the entity responsible to certify that the amount of hours requested have been utilized by the athlete for sport preparation purposes according to the training program which would have been established beforehand.

I am aware that if I do not send the required documentation in time, the contract may be terminated. I agree that I must send the tentative schedule for spot checks. If for any reason I do not send it by the 3rd of the month, the typical training week I declared on page 10 of this application form will be followed.

I, the undersigned, declare that I have read, understood and accept the terms and conditions relating to this scheme and that all the information submitted in this application is complete and correct.

Signature of applicant

Date