EAPS elite athlete sample supporting document

27/10/2026

To UAC,

Elite Athlete and Performer Scheme (EAPS)
Coach's statement for Sam Citizen

I am writing this letter in my capacity as Head Coach at Performance Swim Club to endorse Sam Citizen for the Elite Athlete and Performer Scheme (EAPS) as an elite athlete.

I have coached Sam for the past five years, overseeing his training, competition schedule, and athletic development within our National Performance Squad. Sam is a swimmer of national calibre whose dedication, discipline, and competitive achievements place his among Australia's elite emerging sporting talent.

Representative level and achievements

Sam currently competes at the National/Open Elite level and is a registered member of Swimming NSW and Swimming Australia. His notable achievements over the past two years include:

- **Australian Age Swimming Championships (2026):** National finalist in both the men's 100m and 200m freestyle; bronze medallist in the 4×100m freestyle club relay.
- **NSW State Open Age Championships (2026):** Gold medallist 50m freestyle, silver 100m freestyle and bronze medallist 100m butterfly.
- **State representative squad:** Selected member of the NSW Target Squad.
- **National ranking:** Currently ranked within the top 5 nationally in his age division for the 100m freestyle.

Training and competition commitments

To compete and perform at this standard, Sam maintains an intensive, high-performance training schedule requiring at least 20 hours per week year-round, travel to competitions and training camps.

Recommendation

Sam has consistently demonstrated a diligent approach to his athletic commitments. His conduct, integrity and sportsmanship reflect the core values of our club. He is a dedicated athlete and role model within our squad who approaches challenges with resolve and focus.

I have no hesitation in recommending him for EAPS.

Should you require any further verification or details regarding Sam's training volume, competition calendar or athletic standing, please feel free to contact me directly.

Yours sincerely,

Jana Elias
Head Coach
Performance Swim Club