

PATHWAY

BY STUDY & PLAY USA

USA UNIVERSITY OPPORTUNITIES FOR INTERNATIONAL STUDENTS

What Is A
Student
Athlete &
Could I Be
One?

FROM BRISBANE
TO NEBRASKA

Isabelle Robinson

SHOULD YOU
CONSIDER A
SCHOLARSHIP TO
THE USA?



USA University Sport Scholarships

Australia's trusted experts in USA University recruitment and sport scholarships. Our family and yours, journeying together every step of the way. From high school through to that magical cap and gown graduation moment. Join our family and begin making your USA University dream a reality.

COULD YOU BE ELIGIBLE TO OBTAIN A USA
UNIVERSITY SPORTING SCHOLARSHIP? TAKE OUR
FREE ASSESSMENT AND FIND OUT!

FREE ASSESSMENT



About Study & Play USA

Since 2004, families have placed their trust in Study & Play USA to guide them through this rewarding pathway. Highly regarded by coaches right across the USA, our expert team consists of former student-athletes, educators, coaches and parents who understand the importance of finding the right fit for the student-athlete. The catalyst for the establishment of Study & Play USA was the life changing experience that founder Chris Bates enjoyed during his four year USA University journey.

The positive outcomes from his experience ignited a passion for educating others about their own unique opportunities in the hope that more student-athletes can set themselves up for their best lives.

*“Driven by
a Passion
for educating
others!”*



Founders, Chris & Alexia Bates



5 WAYS TO DEVELOP YOUR MENTAL TOUGHNESS

By Dr Anthony Ross

“Mental toughness is the ability to respond well to doubts, worries, concerns and circumstances that make it more difficult to succeed, or excel at a task or towards an objective or a performance outcome that you set out to achieve.”

The term “mental toughness” has long been used in Sport Psychology.

Mental toughness skills are an asset to have in all areas of life. Those that train and own the quality we call “mental toughness” easily rise to positions of authority and leadership in business, athletics, show business, in addition to excelling in their personal lives.

We spoke to Sports Psychologist and former Pepperdine All-American and Wimbledon competitor, Dr Anthony Ross, who has outlined some easy steps you can take to increase your mental toughness!

Connect with Purpose

Before practice sessions or activity, or before we compete we need to check in on what it is we are trying to achieve and why it's important for us to do so.

Improve Concentration

Take a minimum of 2 minutes each day to practice aiming and maintaining attention on a present moment target (e.g., sounds, breath). Try to recognize as quickly as possible when you are no longer paying attention and return to it.

Committed Action

When you are on the playing field, check in as often as possible to make sure you are committing to processes that increase the chance of improvement and success.

Self-Awareness

When we are not acting mentally tough, most commonly we've become caught up in difficult internal experiences like nerves and frustration. Practice noticing what unintentional thoughts come up for you during practice and competition.

Acceptance

Rather than trying to control emotions, we actually need to practice doing the opposite to develop mental fitness. When you notice frustration or nerves take 5 seconds to simply see if you can observe it in your body like you could notice the physical sensation of a stretching activity.

About Anthony

At the end of Anthony's less than successful first semester in college as a tennis player at Pepperdine University in Malibu, his coach Peter Smith dealt him the bitter blow by letting him know that he was having his scholarship cut to a rate that he couldn't afford.

This resulted in him first looking for a suitable transfer opportunity before finally deciding he would take the fall semester off so he could afford to come back for one semester of his sophomore year. Determined to prove his coach wrong, Anthony invested in working with his own sport psychologist for 6 months, and then came back to achieve a win rate of 88% wins in singles and doubles.

This is a winning rate that to this day is the 2nd best all time of players that Coach Smith coached (this has included 5 national championship winning teams).

For the last 15 years Anthony has dedicated most of his working life to becoming more skilled in helping players, parents, and coaches regarding the mental components of sport.



In the huddle

with Study & Play USA

Listen to our Podcast!

A collection of interviews with coaches, athletes, students and families about US College sports scholarships. Hosted by Study & Play USA.

Ways to listen

WHAT IS A “STUDENT ATHLETE” & COULD I BE ONE?

You may hear the term ‘student athlete’ thrown around when it comes to discussing USA Colleges and scholarships. Essentially – students who are accepted into a US College to study and also represent a sporting team are known as a ‘student athletes’.

Being the most diverse University system in the world, US Colleges are focusing their energies increasingly on international ‘student athletes’. And one of the most exciting ways colleges are doing so is by recruiting international student athletes, which is great news for young sporting Australians!

USA Sports Scholarships allow Australian applicants to earn a degree, compete, travel and live at a US College, often for FREE. In return, scholarship holders must fulfil academic requirements and represent their College to the best of their ability in their chosen sport.

How do I earn a scholarship as a student athlete?

Earning a College scholarship can come in a number of forms:

- An Academic scholarship
- An Athletic scholarship
- Combination of athletic and academic scholarship
- Financial needs-based scholarship

Student athlete scholarships cover all or a percentage of the following costs:

- Tuition
- Admission fees
- Books
- Housing
- Food
- Gym membership
- Academic tutoring
- Travel within the US as part of the team
- Sporting equipment
- Sporting apparel
- Coaching
- Sports injury rehabilitation

Do I have what it takes to be a ‘student athlete’?

Being a student athlete is much more than the hours you put in to your sport. Being a student athlete means that you get to put your College’s name on your back and represent it doing what you love.

The love of your sport and the hard work you put in pays off with the pride and sense of achievement when you start to compete.

As a student athlete you will have many early wake-ups, work hard on and off the field, feel the disappointment of failures – however you will lead an extraordinary life.

Being a student athlete means you are among some of the most athletic peers in your age bracket that are experiencing the same college journey as you.

You get to meet other athletes that are gifted, driven, dedicated, and so much more. You get to create bonds and friendships with people that all start because you share a passion for the same thing as them: being an athlete.

It means that when you graduate you walk across that stage knowing you gave all you could in the classroom and you represented the university playing your sport, and that is a dedication

only some will come to know.

Being a student athlete means that younger athletes look up to you in an admirable way and you have the influence to empower them and keep them reaching for their dreams. Only athletes understand what other athletes go through and because of that it creates unification between sports.

When you look back at your time with collegiate athletics you won’t remember the early mornings training and the late nights studying; you will remember the joy, happiness, and pride that was spent doing what you love with people that you love.

If you think you have what it takes to be a student athlete – get in touch with us today for your free assessment.

“Only athletes understand what other athletes go through and because of that it creates unification between sports.”

S&PUSA TEAM MEMBER

Ellen Chambers

US College National Champion Golfer & International Relations Major, Lynn University, Florida.

Born and raised in Brisbane, Ellen developed a passion for sport at a very early age. After her dad introduced her to golf at six years old, she enjoyed a successful junior career in Australia, competing at the state and national level. Not wanting to choose between getting a higher education and pursuing a professional golf career, Ellen knew that the US College pathway was the right option for her after high school.

She accepted a sport scholarship to attend Lynn University in Boca Raton, Florida, where she competed for four years on the women's golf team. During that time, she helped her team win two NCAA Division 2 National Championships and reach a top ranking of number 1 in the country. Ellen graduated in 2014 with a Bachelor's degree in International Relations. She went on to complete her Master's degree in International Relations at American University in Washington, DC, where she later worked before returning home to Brisbane in 2019. Ellen is extremely passionate about sharing her experience to educate young Australian athletes on the US College pathway and the profound positive impact that this opportunity can have on a student's athletic, academic and personal development.

GET A FREE ASSESSMENT

Could you be eligible to obtain a USA University sporting scholarship?

Take our
FREE assessment
and find out!

CONTACT ELLEN



SHOULD YOU CONSIDER A SCHOLARSHIP TO THE USA?

This is a question you might be asking yourself as you start to look to the future, and what an exciting question it is!

Yet, exciting as it is, it can also be a little daunting. You start to doubt leaving home? Or if you can get a scholarship? Or will you even enjoy it?

At Study and Play USA we wanted to go over a few of the questions you might be asking yourself and give you our insights to help you start to feel a little more comfortable with the thought of studying in America.

Let's begin....

IS IT A GOOD LAUNCH PAD INTO PROFESSIONAL SPORTS?

If you desire to pursue your sport professionally, going to college in the USA absolutely gives you every opportunity to do so. The facilities at the majority of colleges are second to none, the training schedule is as intense as you want it to be, and coaches are very supportive of athletes wishing to continue their sport beyond graduation.

In fact, one of Study & Play USA's student-athletes in recent years was granted leave from University to compete in National Championships back in Australia and even the Olympic Games representing Australia.

WHY CAN'T I JUST DO IT MYSELF?

You can do so if you wish. However, the danger with attempting this process by yourself is that much of the process may be able to be completed, but it only takes one error or oversight in paperwork for you to miss out or run out of time, affecting your eligibility to compete in college sports.

Many applicants come to Study & Play USA having attempted the process on their own having hit a 'brick wall' in the process. It is unfortunate for those who have given up on such a great opportunity due to these obstacles turning them off.

For this reason, engaging Study & Play USA to facilitate and guide you through the process gives you peace of mind and a wealth of experience to call upon at every turn of the process

HOW DO I KNOW IF I QUALIFY? AM I GOOD ENOUGH?

The best way to find this out is to contact us, and we will provide for you an obligation free academic and athletic assessment. These assessments provide you with definitive feedback that will allow you to make an informed decision about whether this pathway is for you.

WHO CONTACTS THE COACHES?

The benefit of Study & Play USA speaking with coaches is that coaches in the USA would rather obtain information on potential recruits from reputable services such as Study and Play USA. As Study & Play USA is in regular communication with coaches in the USA, we are aware of where the opportunities are available for any given level.

We put you in touch with the appropriate coaches according to your level, your needs and availability of scholarship.

HOW WILL I KNOW IF I WILL ENJOY IT?

Nothing is ever certain, BUT we have hundreds of students who have said a scholarship to the USA has been the best decision of their life. It's not just about education and sports, it's also about making life long friends and being part of experiences that will stay with you for life. If you are a person who is adventurous, loves the fun parts of life and wants to do something out of the ordinary - then we are very confident that you will enjoy it!

Here at Study & Play USA - we are always happy to answer any questions you might have, so don't hold back - drop us a line today and let's get your adventure started!



FROM BRISBANE TO NEBRASKA

STUDENT-ATHLETE PROFILE

Isabelle Robinson



WHAT ARE YOU MOST LOOKING FORWARD TO ABOUT GOING TO COLLEGE?

I am most looking forward to meeting my room mates, making new friends and meeting the girls in the rugby team. I am also looking forward to starting classes, getting to know my coach and people in my dorm as well as the campus.

BASED ON YOUR EXPERIENCES SO FAR, WHAT DO YOU THINK IS MOST EXCITING ABOUT THE ATHLETIC STRUCTURE AT THE COLLEGE?

The most exciting thing about the athletic college structure is the opportunity to travel, as well as the amazing gear we are given. I am looking forward to the start of training with the team and using the facilities and support provided by the coaches, my family and friends. Given the amazing resources provided at the college - I hope I can accomplish everything possible whilst studying!

WHY DID YOU CHOOSE THIS PATHWAY OVER STAYING IN AUSTRALIA?

I decided to choose the USA pathway over staying in Australia because when my family and I went overseas to America for holidays, I really enjoyed the culture. You see colleges in all the movies and I liked the look of them - what an achievement in life!

I also didn't know what I wanted to study post high-school and the American college pathway has given me the opportunity to study core-subjects for

the first two years in my minor degree then in my final two years, I complete further subjects which give me my major degree. It just gives you more flexibility.

HOW HAVE YOU FOUND THE PROCESS OF TALKING TO COACHES?

The process of talking to coaches can be long and puzzling, however the information that each coach gives you is interesting and makes it tough, yet exciting, challenge to pick a college.

WHAT IS YOUR INTENDED AREA OF STUDY?

I don't know fully yet what I would like to study but it will definitely involve sport in some form.

WHAT PART OF THE PROCESS DO YOU THINK HAS REQUIRED THE MOST GUIDANCE?

I needed guidance during the entire process! The initial phase was probably the hardest where you have to contact coaches over a very difficult time difference!

WHAT ADVICE DO YOU HAVE FOR OTHER STUDENT-ATHLETES WHO ARE CONSIDERING THIS PATHWAY?

If you are willing to commit to a life changing experience, go for it! It will be such a fun, exciting time in your life.

Love the sport you do, take a chance, and just enjoy the entire experience. The start can be hard work, but the result is an amazing reward!



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