

Grow for Gold

Athlete Funding & Payments – Athlete Q&A

What is this document for?

This Q&A explains how Grow for Gold funding works, what costs may be submitted for consideration, and how decisions are made.

Grow for Gold exists to support your sporting development and progression, while keeping the process fair, consistent and sustainable for all athletes.

This document should be your first reference point when preparing a claim. All claims are assessed by the Grow for Gold Oversight Committee, and approval is not automatic.

The Simple Test (How claims are assessed)

When reviewing a claim, we ask:

1. Is the cost directly related to your sport?
2. Is it reasonable, necessary and proportionate?
3. Is it linked to training, preparation or competition?
4. Can you provide a receipt or reasonable supporting evidence?

If the answer is mostly yes, the cost is usually eligible.

Important Governance Note – Claim Review & Approval

All Grow for Gold funding claims are reviewed by the Grow for Gold Oversight Committee.

The Oversight Committee:

- reviews all claims for eligibility, reasonableness and alignment with program principles
- has the authority to approve, partially approve or decline any claim
- may request additional information or clarification before making a decision
- applies discretion to ensure fairness and consistency across all athletes

Approval of a claim is not automatic and is not guaranteed by:

- prior approvals
- previous claims
- informal guidance or examples

Decisions of the Grow for Gold Oversight Committee are final.

Travel & Accommodation

I'm under 18. Can a parent or guardian's travel be claimed?

Yes.

Grow for Gold may cover:

- Economy travel for one parent or guardian
- Reasonable accommodation costs for that person

This recognises duty of care and supervision requirements for minors.

I'm a para-athlete and need assistance. Can a support person's costs be claimed?

Yes.

Where assistance is required:

- Economy travel and accommodation for one parent, guide or support person is eligible
- This applies regardless of age

My NSO paid for my flights and accommodation. Can my parent still claim their costs?

Yes — if you are under 18.

Even where your NSO covers your travel:

- One parent or guardian's economy travel and accommodation may still be claimed
- The event must be legitimate and you must compete

Two parents travelled with me. Can both claim?

No.

Grow for Gold covers:

- One parent, guardian or guide only

I travelled but had to withdraw due to injury or illness. Can I still claim?

Usually yes, provided:

- The event was legitimate
- Travel was booked in good faith
- Withdrawal was due to injury, illness or unforeseen circumstances

A brief explanation or supporting note is helpful where available.

Receipts & Evidence

I paid costs to my coach and don't have accommodation receipts. What happens?

We can usually accept:

- A short email from your coach confirming:
 - dates

- location
- that you stayed as part of the team
- receipts from your coach showing the accommodation charges

The claimed amount must be reasonable.

I don't have a receipt. Will my claim be rejected?

Not automatically.

Other acceptable evidence may include:

- Bank transfer records
- Coach or team manager confirmation
- Event itineraries showing attendance

Repeated missing documentation may result in stricter requirements.

Are screenshots acceptable instead of invoices?

Yes, if they clearly show:

- supplier
- date
- amount
- what the payment was for

Bank Accounts & Payments

I'm a minor. Can funding be paid into my parent's account?

Yes, where:

- The account is clearly used as your **athlete funding account**
- A redacted bank statement is provided
- A Parent/Guardian Acknowledgement and Athlete Authority are completed

Accounts in your own name are encouraged but not required for minors.

What if my bank details change?

You must provide:

- Updated bank details
- A new redacted bank statement

Payments won't be made until details are verified.

What Can I Claim? (Common Eligible Costs)

Training & Performance

- Coaching and mentoring
- Strength & conditioning
- High-performance programs or camps

Competition Costs

- Entry fees
- Event-related costs, even where travel or accommodation is funded by another party

Equipment

- Sport-specific equipment
- Adaptive equipment for para-athletes
- Reasonably priced competition gear

Allied Health

- Physiotherapy
- Sports psychology
- Nutrition and dietetics (professional services)
- Injury prevention and recovery services

Nutrition – Important Clarification

Grow for Gold funding supports **performance-related nutrition**, not general meals.

Typically eligible:

- Dietitian or sports nutritionist services
- Structured competition fuelling
- Recovery nutrition linked to training or competition demands

Not generally eligible:

- Casual or incidental meals
- Takeaway food
- Everyday food purchases made for convenience

Athletes Living Independently or Without Family Support

Grow for Gold recognises that some athletes:

- Live independently
- Have limited or no family financial support
- Rely on casual or part-time work
- Have NSO-funded travel but limited day-to-day support

In these cases, Grow for Gold may apply **additional discretion** to ensure athletes can train and compete safely and effectively.

Nutrition Support – Exceptional Circumstances Only

In limited cases, Grow for Gold may support **athlete-specific nutrition costs** where:

- You are living independently or without family support
- Nutrition directly affects health, recovery and performance

Safeguards:

- Applies only to the athlete
- Does not extend to family or household grocery expenses
- Must be reasonable, time-limited and reviewed

This is **not a general living allowance**.

Education & Development

Eligible where costs support:

- Your sporting pathway
- Wellbeing or professionalism

Examples:

- Media training
- Leadership programs
- Sport-specific education

Advance Payments

Advance payments may be approved where:

- Upfront costs would prevent participation
- Financial hardship is demonstrated

If approved, all advances must be fully acquitted before further funding is released.

International & Non-NSO Events

What if an overseas event isn't NSO-sanctioned but is important to my pathway?

Grow for Gold can support this.

We recognise that:

- High-value international opportunities don't always sit within NSO frameworks
- International exposure is often critical to development

We may request a short confirmation from a:

- Pathway Manager
- AWE Manager
- Coach or High-Performance Manager

confirming the importance of the opportunity.

What if the event covers my flights or accommodation?

You may still claim eligible out-of-pocket costs, such as:

- Entry fees
- Local transport
- Event-specific equipment
- Performance-related meals or nutrition
- Visas or mandatory administration costs

You will not be disadvantaged because someone else funded core travel.

Final Guidance

Grow for Gold exists to support ambition, not create barriers.

Athletes are expected to:

- Refer to this Q&A before submitting claims
- Act in good faith
- Submit reasonable, consolidated quarterly claims

Expenses that fall outside these guidelines may not be approved.

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