

TRANSITION SUPPORT

Performance Lifestyle for Life

KEY ASPECTS OF PL for LIFE

VIS provides Performance Lifestyle for Life (PL for Life) for all athletes who have been on scholarship, whether this be one or multiple years on scholarship.



PL Contact



Access to VIS Performance Lifestyle Adviser during off scholarship transition phase and beyond in the future years.



First 12 Months



First 12 months PL for Life is athlete-focussed, and PL Adviser driven.



Post 12 Months



Post 12 months PL for Life is athlete-focussed, and athlete driven.

PL for LIFE PROVIDES VIS ATHLETES WITH SUPPORT IN THE FOLLOWING AREAS



CAREER
DEVELOPMENT



WELLBEING
SUPPORT



PERSONAL/ PROFESSIONAL
DEVELOPMENT



COMMUNITY
ENGAGEMENT



UNDERSTANDING
SELF



VIS ALUMNI
PROGRAM
Connection to
VIS Alumni



AIS SERVICES
Connection to
AIS MHRN
AIS CPRN