

Eligibility and Supported Sports

There are a few requirements for you to be eligible for HTAS, so please read through the info below which will help you to apply. You need to be aged 11+ and live in Hampshire to apply and our application form asks for evidence of your performance level; it's a chance for you to shout about what you've done so make sure you include it - it helps us to support you in the best way. For individual sports the general requirement for support is a top 15 national ranking and/or top 15 national result, please note for some sports both are required. For sport specific criteria, please contact us – info@energiseme.org.

Supported Olympic/Commonwealth Sports

Athletics (Olympic disciplines only)	Judo
Archery (Recurve)	Karate
Badminton	Luge
Basketball	Modern Pentathlon
Biathlon (ski)	Netball
Bobsleigh (and Bobsleigh Skeleton)	Rowing (outdoor only)
Bowls	Rugby Union
Boxing	Sailing/Windsurfing
Canoeing	Skateboarding
Climbing	Skiing (alpine, cross country, freestyle, Nordic combined, ski jumping)
Cricket (outdoor only)	Snowboarding
Curling	Softball
Cycling (Track, Road, Mountain Bike (XCO))	Squash
BMX	Surfing
Diving	Swimming (Olympic disciplines only)
Equestrian (show jumping, eventing, dressage)	Synchronised Swimming
Fencing	Table Tennis
Football (Girls)	Taekwondo
Golf	Tennis
Gymnastics (Artistic, Rhythmic, Trampoline, Acrobatics, Aerobic, Tumbling, Double Mini Trampoline)	Triathlon
Handball	Volleyball
Hockey (outdoor only)	Water Polo
Ice Hockey	Weightlifting
Ice Skating (Figure skating, short track speed skating, speed skating)	Wrestling

Paralympic Supported Sports

Archery (Recurve)	Rowing
Athletics (Paralympic disciplines only)	Sailing
Boccia	Skiing (Alpine and cross country)
Biathlon (skiing)	Swimming
Canoeing	Table Tennis
Cricket	Triathlon
Cycling	Sitting Volleyball
Equestrian (dressage)	Wheelchair Basketball
Football (5-a-side and 7-a-side)	Wheelchair Curling
Goalball	Wheelchair Fencing
Judo	Wheelchair Tennis
Ice Sledge Hockey	Wheelchair Rugby
Powerlifting	