

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

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	