



Athlete Enhancement Program Application Form

FULL LEGAL NAME OF APPLICANT _____ GENDER: M / F
 ADDRESS _____ POSTAL CODE _____
 TELEPHONE (____) _____ E-MAIL _____
 BIRTHDATE (D) ____ (M) ____ (Y) ____ PARENT'S E-MAIL _____
 SPORT _____ EVENT _____

Coach Details

COACH'S NAME _____ YEARS AS COACH _____
 TELEPHONE (H) (____) _____ E-MAIL _____
 (W) (____) _____

SUMMARY OF EXPERIENCE & ACCOMPLISHMENTS (current level of competition, number of years you've been competing, awards history, scholarships, results from your most recent competitions. Attach additional pages)

SUMMARY OF CAREER GOALS (what were your competition goals for the past season? Did you achieve these goals or are you on target to achieve them? Explain. What would you like to achieve in the next 8-12 months? 1-2 years? 3-5 years? Attach additional pages)

TRAINING SCHEDULE (outline your training schedule including number of training sessions/week, type of training, number of practices/week, yearly calendar of your involvement in sport. Attach additional pages)

LETTERS OF RECOMMENDATION:

1. From local or provincial sport association expressing level of commitment to sport
2. From coach and shall include
 - a) Character Reference
 - b) Ability/Potential/Training Ethic
 - c) Commitment to sport

Complete applications can be mailed to:

<p>For Office Use Only</p> <p>Date Received: _____</p>

Alberta Sport Development Centre Northwest
 c/o Matthew Bain, Coordinator
 10726 - 106 Ave
 Grande Prairie, AB T8V 4C4
 phone: (780) 539-2072 fax: (780) 539-2811
 e-mail: mbain@gprc.ab.ca
 website: www.highperformancesports.ca



ASDCN Athlete Enhancement Program Criteria Guidelines

The Athlete Enhancement Program (AEP) is the elite athlete support program of ASDCNW aimed at providing quality sports science support to the high performance athletes in Northwestern Alberta. The program is offered to team and individual sport athletes who are approaching or have competed at the provincial and/or national level. The program will be targeted to sports that have shown a strong commitment to Northwestern Alberta and have a solid athlete development model in place. The scholarship selection process will be such that the athletes will need to apply for the scholarships on an individual basis and be recommended by their sport association. The value of the scholarship is over \$300 dollars in programs and services. Scholarship holders will be selected from a broad spectrum of sports. The *Athlete Enhancement Selection Committee* will then award the scholarships.

I. TO BE CONSIDERED, ATHLETES MUST:

1. Be working towards achieving their full potential in their sporting career and studies.
2. Individual or Sporting association must be registered within Northwestern Alberta.

II. SELECTION PROCESS

Criteria:

- ⇒ Ability (results). Approaching or at provincial or national level.
- ⇒ Reference from local sport association (include commitment to sport)
- ⇒ Age (sport specific criteria)
- ⇒ Coach reference to include
 - Character Reference
 - Ability / Potential/ Training ethic
 - Commitment to sport

III. PROGRAM COMPONENTS:

Sport Science Testing / Training / Support:

Physiology

- A range of performance and anthropometric testing measures will be provided for profiling purposes, these will be both general and sport specific measures. The tests will be done pre and post program, in the ASDCNW in Grande Prairie (athletes must commit to testing even if travel is required).

Strength and Conditioning

- Group sessions will be done with a Certified Exercise Physiologist through the Winning Edge Seminars Series, with a half an hour question and answer period for AEP at the end. Consultation and program design is available for an additional cost.

Nutrition

- Group sessions will be done with a Registered Dietician through the Winning Edge Seminars Series, with a half an hour question and answer period for AEP at the end. Consultation and program design is available for an additional cost.

Psychology

- Group sessions will be done with a Mental Skills Coach through the Winning Edge Seminars Series, with a half an hour question and answer period for AEP at the end. Consultation and program design is available for an additional cost.

Sport Medicine / Therapy Support

- Referral to Athletic Therapy through the Sports Medicine Services of the Alberta Sport Development Centre Northwest.