



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 EXPERIENCES/ACCOMPLISHMENTS & PERSONAL BIO (current level of competition, number of years you've been competing, awards history, scholarships, results from your most recent competitions. Include general bio telling ASDC about yourself. 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)

SUMMARY OF SUPPORT HISTORY (Have you ever worked with a Mental Skills trainer? Strength & Conditioning Coach? Sport Nutritionist? Give details- team vs. individual, when, how many times etc)

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
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Complete applications can be mailed to:

For Office Use Only
Date Received: _____

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



ASDCNW 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 selection process will be such that the athletes will need to apply for the program on an individual basis and be recommended by their sport association. 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

ASDC NW is looking for.....

- ...athletes who take ownership of their personal learning and grow within their sport
- ...athletes who take initiative to access resources available to them (i.e. coaching, camps, Performance Enhancement Team, etc.)
- ...athletes who are competing or working towards competing at the highest level offered within their community
- ...athletes who are aspiring to reach an advanced level of competition within their sport

III. PROGRAM COMPONENTS:

Sport Science Testing / Training / Support:

Exercise Physiology

- Elite athletes strive to perform at their optimum several times throughout the year in order to peak at major events. Our leading exercise physiologists ensure that the athletes remain competitive by identifying and measuring the physiological characteristics involved in particular sports, and develop effective yearly training programs to improve the likelihood of success.
- Pre& post program testing will be performed as well as on-going monitoring and testing of various physiological traits within the duration of the program. The athletes will be involved in the process from beginning to ensure development of a better understanding of the physiological requirements of sport performance.

Strength and Conditioning

- Good preparation and understanding of the physical requirements of a sport are the cornerstones of performance. Strong physical preparation not only enables an athlete to be more powerful and responsive, it also helps prevent the onset of fatigue and potential injury during performance. Our strength & conditioning experts empower our athletes to reach their potential by providing a solid base in strength and fitness, specific to their sport. A combination of sport specific training and increasing general athletic attributes will be the focus in this area.
- A full season plan will be designed and implemented by means of both individual and group sessions (scheduled with Strength & Conditioning coach).
- It will be expected that the athlete will attend all sessions possible and notice of absence must be given at least 24 hours prior to scheduled session. The majority of the strength and conditioning sessions will be done in small groups.

Nutrition

- Sound nutrition is essential in enabling athletes to perform at their best. With demanding training, travel and competition schedules, it is challenging for athletes to meet their necessary dietary requirements.
- Our Dietitians will provide nutritional guidance through computerized dietary analysis, individual consulting and nutrition workshops to empower the athletes to make optimal choices that keep them fuelled for personal best performances.

Psychology

- Mental training is a vital component to an emerging athlete's training program. Armed with valuable mental skills, the athlete is able to demonstrate physical preparedness and attain peak performance at major events.
- Our Mental trainers empower athletes by teaching and implementing essential visualization, goal setting, stress management and problem-solving techniques.

Sport Medicine / Therapy Support

- The training demands that an emerging athlete face on a daily basis inevitably result in the risk of injury. This AEP program has a direct referral process to access accelerated physiotherapy services.
- Our physiotherapist focuses on recovery and regeneration, not just from illness and injury, but from the rigors of training and competition. It is through this process that the longevity of the athlete is ensured and their performance enhanced.