APPLICATION

FUELLING YOUTH PERFORMANCE

PROUDLY SPONSORED BY IslandSavings
A DIVISION OF FIRST WEST CREDIT UNION

ISPARC
Indigenous Sport,
Physical Activity & Recreation Council

PISE

INDIGENOUS YOUTH ATHLETE TRAINING PROGRAM (AGES 13 – 17)

In partnership with Indigenous Sport, Physical Activity & Recreation Council (ISPARC), 15 athletes who have demonstrated the drive, skill and determination in their chosen sport will be selected to participate in a specialized Strength and Conditioning program with PISE's Performance Training Coaches. This program is designed to help the athletes take their performance to the next level and support them on the proper pathway to develop athletically and enhance their skills to reach their goals in sport excellence.

The Strength and Conditioning program focuses on improving performance and injury prevention. Sessions will include:

- Testing to assess performance measures pre, mid and post program.
- Weight training with a focus on proper technique.
- Agility training to increase the ability to explosively start, decelerate, change direction and accelerate again while maintaining control.
- Fundamental movement skills and motor pattern development.
- Mobility work

The program will take place on Thursday nights from 7:00 – 8:00PM from January 11th, 2018 for 3 months.

- Athlete must submit a letter of support from their coach or teacher.
- Athlete must submit a completed application form before the deadline.

Please submit your application to Stacey Lund at **slund@pise.ca** or drop off to the 1st floor *Welcome Desk* at PISE, 4371 Interurban Rd. with *Attention: Stacey Lund*.

Cut off for applications is December 11th, 2017 at noon.

Complete applications will be provided to the selection committee who will determine the recipients and notify them by December 22nd, 2017.

Thank you Island Savings *for supporting our youth athletes.*

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First Name: _____ Last Name: _____

Email: _____ Phone: _____

Address: _____

Sport(s): _____ Team:_____

Coach Name: _____ Coach Phone#: _____

Coach Email: _____

Please list your most notable competition results from the past 2 years:

_____

_____

What are your sport(s) goals?

_____

_____

On a scale of 1-5 (1 is low and 5 is high), please circle your overall fitness level:

1 2 3 4 5

On a scale of 1-5 (1 is low and 5 is high), please circle your overall experience with non-sport specific training (Weight training, energy systems, agility, etc):

1 2 3 4 5

How will this training program assist you in achieving your high performance goals?

_____

_____