

PROGRAM OVERVIEW for NORTHERN BC

The purpose of the IGNITE Athlete Development Program, a province-wide initiative, is to provide a solid long-term athletic foundation, decrease the risk of injury, and engrain a “sport for life” and healthy living philosophy.

The IGNITE Program **ensures young developing athletes ages 12 to 17** (LTAD late Learn to Train and Train to Train Stages) **have access to athletic performance expertise and the opportunity to develop the foundational athletic skills required for success at the highest level.** This is achieved by providing access to multi-sport training sessions designed to introduce young athletes throughout each region to a high performance lifestyle and improve their athleticism and fitness in LTAD-stage appropriate programs.

The IGNITE name comes from the overall goal of the type of athlete we want to support. We want to **ignite each athlete's...**

Dreams ... make them possible

Passion ... help them channel it

Progression ... accelerate their improvement

Potential ...get them on the pathway to performance excellence

Up to 24 chosen athletes from the Prince George area will receive coaching and support to improve their sport performance, and ignite their athletic careers. The program is subsidized and keeps the fees for each athlete to less than 30% of the total program value.

All the components are coordinated by PacificSport Northern BC, and will use an Integrated Performance Enhancement Team (IPET) that works together within the framework of an athlete-centred system. The curriculum is divided into **three generic movement streams** (resistance training, gymnastics and athletics) as well as sessions in the sport sciences area (nutrition & mental training). All sessions will be taught by experienced coaches in each field. Because of their applicability to all sports, these three movement streams provide the building blocks for future success in the Train to Compete, Train to Win and Active for Life stages. For example:

- **Athletics** – efficiency of running/jumping and powerful movement patterns for speed
- **Gymnastics** – awareness of the body’s position within space and technically appropriate landings to prepare athlete for unpredictable situations
- **Resistance Training** – key bodyweight training exercises with focus on proper technique that will lead towards strength & power (can integrate sport specific programs provided by the athlete’s Regional or Provincial coach)

ATHLETE 'LEARN TO TRAIN' (AGES 12-14) PROGRAM

Content (24 weeks):

- Two Training sessions per week
- Two Nutrition sessions
- One Mental Training session
- Two Field Testing & Sport Readiness Assessments

Criteria:

- Registered with an eligible Provincial Sport Organization
- In the age category for the 2015 Canada Winter Games of their primary sport

ATHLETE 'TRAIN TO TRAIN' (AGES 14-17) PROGRAM

Content (24 weeks):

- Three Training sessions per week
- Two Nutrition sessions
- Three Mental Training sessions
- Two Field Testing & Sport Readiness Assessments

Criteria:

- Registered with an eligible Provincial Sport Organization (see attached list).
- Athletes must either be:
 - In the age category for the 2015 Canada Winter Games of their chosen sport OR
 - Have been selected to a Provincial Team and/or competed at a Junior National Championships (or equivalent)
 - Have a competition goal of competing at Junior National Championships or higher in 2011-2012

SUMMARY FOR 2011 SPRING/SUMMMER PROGRAM BASED IN PRINCE GEORGE

Term: April 25 – October 9, 2011 (24 weeks)

Number of Athletes: Up to 24 L2T & T2T athletes

Cost per Athlete: \$75 per month (T2T), \$50 per month (L2T)

Applications due by Wednesday, March 9, 2011

Athletes will be notified by April 1, 2011