



APPLICATION FORM For Winter Session January 16th – March 29th

The IGNITE Athlete Development Program promote the development of multi-sport foundational athletic skills for athletes between the ages of 12 to 17 within the Train to Train stage of the long term athlete development pathway. This is achieved by providing developing athletes with access to multi-sport training sessions designed to introduce athletes throughout the province to a high performance lifestyle and improve their athleticism, physical literacy and fitness in age and stage appropriate programs. This program will provide a solid athletic foundation, decrease the risk of injury, enhance long-term athlete development, and engrain a “sport for life” and healthy living philosophy.

The IGNITE Athlete Development Program ensures development level athletes have access to athletic performance expertise and the opportunity to develop the **foundational skills required for success at the highest level**. The curriculum is divided into three main movement streams (resistance training, gymnastics, track and field) deemed important for long term athlete development as they provide the building blocks for future movement development and physical preparation.

Program Pre-Requisites

- Athletes must be registered with an eligible Provincial Sport Organization (see attached list).
- Athletes must be working towards provincial and national-level athletic success
- Athletes must be training as part of a Local Sport Organization that provides consistent training and competitive opportunities
- Athletes must be between the ages of 12 – 17 at the onset of the program

Please enter all the required information below. When you have finished, please email the following items to aguzak@pacificsport.com:

1. Application Form
2. Athletic Resume
3. Three letters of recommendation (one of which must be from the athlete’s primary sport coach)
4. Short Essay

*The fields denoted with * are required.*

Contact Information

First Name*
Last Name*
Parent/Guardian Name*
Email*
Phone*
Address Line 1*
Address Line 2*
City*
Province*
Postal Code*

Other Information

Gender*

Date of Birth*

Primary Sport (must be a member of the Provincial Sport Organization)*

Secondary Sport – if applicable (must be a member of the Provincial Sport Organization)

Coach Name (Primary Sport)*

Coach Name (Secondary Sport) – if applicable

Year(s) on Provincial Team* (e.g. 2004-2006)

Athletic Resume

Please attach your resume, detailing your sport and personal background to your email application.

Short Essay

In 500 words or less, please describe what you hope to accomplish in sport and how this program will help you achieve these goals.

Letters of Recommendation

Three letters of recommendation are required as part of the application process. One letter must be from the athlete's coach. Two additional references are at the athlete's discretion. Examples include, Provincial Sport Organization, Local Sport Organization, etc. **Please include all three letters in your email to aguzak@pacificsport.com.** **Applications received without the application form, athletic resume and three letters of recommendation, and short essay will not be accepted.**

I agree the content of this application form is accurate and complete.

Signature of Athlete

Signature of Parent/Guardian

Date