



## IGNITE PROGRAM OVERVIEW

IGNITE is an Athlete Development Program aimed at athletes from the ages of 12-17 who are wanting to improve their overall fitness and athleticism levels in order to raise the level of their individual sport performance.

### THE PROGRAM

11 weeks in length: **2012 Winter Session: Jan 16 – Mar 29, 2012**

- 2 – 1 hour strength and conditioning sessions per week
- 1 – 90 minute balance and kinaesthetic session per week
- Nutrition and Mental readiness seminars

It is designed to provide the athletes with a training program that includes a focus on the areas of:

- strength and conditioning (fitness training)
- balance and mobility (gymnastics)
- technical and fundamental movement skills (athletics)

It introduces sport readiness training in the form of seminars in the following areas:

- Health and nutrition
- Mental training preparation

It is delivered by dedicated and experienced coaches and sport professionals.

### ELIGIBILITY

An interested athlete must be between the ages of 12 – 17 and meet a minimum one of the following criteria:

- Registered with an eligible Provincial Sport Organization
- Working towards provincial and national level athletic success
- Training as part of a Local Sport Organization that provides consistent training and competitive opportunities

### APPLICATION PROCESS – 2012 Winter Session deadline: Jan 16, 2012

1. Complete the application form
2. Submit a current training schedule/program
3. Provide two letters of recommendation (one of which must be from the athlete's primary sport coach)
4. Submit a 500 word essay written by the applicant explaining what this program would mean to them and why they should be selected

Application documents are downloadable from PacificSport Website – [www.pacificsport.com/vanisle](http://www.pacificsport.com/vanisle)

### FEES & SUBSIDIES

First 20 successful applicants will receive a 75% cost savings on the program fees.

Fee with savings is approx. \$200 per athlete

### CONTACT INFORMATION

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