

IGNITE **ATHLETE DEVELOPMENT PROGRAM**

PROGRAM GOAL

TO INTRODUCE YOUNG ATHLETES TO A HIGH PERFORMANCE LIFESTYLE BY IMPROVING THEIR ATHLETICISM, PHYSICAL LITERACY AND FITNESS THROUGH A MULTI-SPORT TRAINING PROGRAM COMPLEMENTARY TO THEIR CURRENT SPORT SPECIFIC PRACTICE AND COMPETITION



ATHLETE BENEFITS

INTRODUCTION TO A HIGH PERFORMANCE LIFESTYLE

DEDICATED AND EXPERIENCED COACHES

EXCLUSIVE ATHLETE TO COACH RATIO

IMPROVED OVERALL ATHLETICISM

PHYSICAL LITERACY AND FITNESS

SPORT READINESS TRAINING

2 - 90 MINUTE SESSIONS PER WEEK

**ONLY 20 ATHLETES WILL BE
ACCEPTED INTO THE PROGRAM**

PROGRAM CURRICULUM

RESISTANCE TRAINING

Maximize training time to improve overall strength and power

- Technique education to increase training effectiveness

GYMNASTICS

Develop kinesthetic awareness, mobility, landing skills, and whole body strength

- Control, strengthen, and maneuver the body with ease

ATHLETICS

Prepare for efficient and powerful movements on land

- Improve technical and fundamental movement patterns

SPORT READINESS

Innovative, current and interactive sessions to advance performance

- Health and Nutrition Education
- Mental Training Preparation
- Injury Prevention & Rehabilitation

PROGRAM PRE-REQUISITES

Athletes must be:

- 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
- Between the ages of 12 – 17

APPLICATION PROCESS

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

FOR MORE INFORMATION ON THE IGNITE PROGRAM CONTACT:

ASHLEY GUZAK • ATHLETE SERVICES COORDINATOR OR DREW COOPER • GENERAL MANAGER

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