

SCA High Performance Development Program 2015 Membership Form

Please complete and submit this form electronically to the SCA office by *March 31, 2015* to cycling@accesscomm.ca

Cost of the Program: \$150 (Para-athletes \$100)
Cheque mailed to: SCA; 2205 Victoria Ave, Regina, SK S4P 0S4

Name:	Date of Birth:
Male/Female:	E-mail:

Parent/Guardians:

Name:	Phone #:	E-mail:
Name:	Phone #:	E-mail:

Personal Coach:

Name:	Phone #:	E-mail:
Coaching Level:	Or - I would like assistance in finding a coach: <input type="checkbox"/> Y <input type="checkbox"/> N	

A. Goals

List your 2014 racing goals:

List the top 3 out-of-province races you plan to attend and results you hope to achieve:

- 1)
- 2)
- 3)

What are your long-term racing goals in cycling?

B. Athlete Identity

Indicate your 2015 funding priority (select one only): Rd; Mtb; CX(cyclocross)
 Para-cycling

Including Team Sask, please list any other team and/or club you will represent in 2015:

List your highest level of cycling or other sport competition and the year achieved:

- Do you attend school: Y N full time; Y N part time
- Do you have a job: Y N full time; Y N part time
- Do you have a training partner: Y N Name: _____
- Are you willing to mentor another cyclist: Y N or
- Are you looking for a cycling mentor Y N
- Do you compete in another sport: Y N Name: _____

C. Volunteer Commitment

Indicate the 2015 HP volunteer or fundraising initiative(s) you or your designate will participate in:

- Sask Cup Rd Series event/date:
- Sask Cup Mtb Series event/date:
- Other, please describe:

D. Training

- I attend my local 'Tuesday' Night Club Rd race: Y N
- I attend my local 'Wednesday' Night Club Mtb race: Y N
- I enrolled in a winter training program: Y N
- I have a winter Strength & Conditioning program: Y N
- I accessed a nutritional counseling session in the previous season: Y N

Indicate with a 'v' the training equipment you currently use or have access to:

Bikes: Mtb Rd TT CX (cyclocross)

Indoor Trainer Indoor Rollers HR Monitor Power Meter Skates XC

skis

Month	Training hrs/wk	Strength and conditioning hrs/wk	Training location	Races/month	Peak Race(s)
November					
December					
January					
February					
March					
April					
May					
June					
July					
August					
September					
October					

D. In-Province 2014 Race History

Excluding Provincials, list the races you participated in for each discipline in the Sask Cup Series:

- Road Racing:
- Mountain Bike Racing:
- Cyclo-Cross Racing:

I raced the Sask Provincial Championship Race in Rd; Mtb; CX(cyclocross)

E. Out of Province 2014 Race History

List the races you participated in each discipline

- Road Racing:
- Mountain Bike Racing:
- Cyclo-Cross Racing:

MEDICAL INFORMATION FORM

In order to minimize risk and to provide you with medical care, it is very important that you fill this form out carefully, completely and legibly. If you are uncertain about any question, please consult your family physician.

Name: _____

Provincial Medical Insurance Number _____

Additional insurance (Blue Cross, GMS) _____

Next of kin Name _____
 Relationship _____
 Home Phone _____ Work Phone _____
 Cell No _____ E-mail: _____

Other contact Name _____
 Relationship _____
 Home Phone _____ Work Phone _____
 Cell No _____ E-mail: _____

Family Physician _____ Phone _____
Family Dentist _____ Phone _____

CONSENT FOR EMERGENCY MEDICAL TREATMENT

I authorize emergency medical and/or dental treatment or surgical operation for myself, son or daughter if such treatment is deemed necessary.

Name of athlete or Parent/Guardian _____

Signature of athlete or Parent/Guardian _____ Date _____

(If athlete is not of legal age)

Name of Witness (please print) _____

Signature of Witness _____ Date _____

You have a right to privacy of any medical information. ALL MEDICAL INFORMATION IS CONFIDENTIAL AND WILL BE VIEWED ONLY BY THE CHAPERONE, COACH (OR THEIR DESIGNATE), AND ATTENDING MEDICAL STAFF.

Athlete Agreement for Participation in HP Program Camps, Race Trips, and Team Projects

I, _____:

Name of cyclist - please print

Requirements to be a member of and for continued participation in High Performance Program are:

- Athlete must be a member in good standing with SCA and CCC where applicable;
- Athlete must have entered into this SCA - Athlete Agreement and must be in full compliance with the terms and conditions of the agreements rules;
- To train at the highest applicable level and to train regularly;
- To participate in all testing protocols as requested by HP coaches;
- With appropriate notice, voluntarily remove myself from camps, races or projects that I may have been selected for, if I am unable to perform at the expected level due to illness, injury or lack of training and/or focus;
- Athlete must demonstrate a commitment and dedication to a proper training and competitive program; submitting the yearly plan to the SCA HP along with monthly journal logs;
- Athlete must be instructed by a coach who has been trained and certified in the National Coaching Certification Program (NCCP) Ready to Race or equivalent;
- Athlete must adhere to the Canadian Anti-Doping Policy and not be under a sanction that prohibits competition as per the Canadian Anti-Doping Policy;
- If eligible, the athlete must compete, and continue to compete solely for Saskatchewan and/or Canada for one year from the date of acceptance into the SCA HP program, at Canada Games and other national competitions involving provincial team competitions;
- Athlete must not receive financial support from any other provincial/territorial athlete assistance program in this sport. This does not include academic scholarships, bursaries, student grants, student loans, social assistance, disability pensions, and other forms of financial assistance that have nothing to do with competitive sport;
- To read, understand and adhere to the Code of Conduct;
- To read, understand and adhere to the Athlete Characteristics and Expectations;
- To complete the Medical Information Form and submit to the SCA Office;
- To agree that either myself or my representative will participate in 25 volunteer hours in any SCA fundraising and volunteer initiatives that may arise. In lieu of 25 Hours joining the SCA or club board of directors will be allowed;
- To report monthly to the provincial coach on training progress.

I also understand that not meeting any of the requirements I have agreed to could mean my removal from the High Performance Program.

Date

Athlete's Signature

For athletes aged 17 and younger: **Parent/Guardian declaration:**

I, _____ Name of Parent/Guardian - please print _____

have read and recognize that my daughter/son will abide by the guidelines and requirements for his/her participation as a member of the High Performance Program. If

my son/daughter is in breach of the requirements while away at a camp or event and is sent home, I agree to pick up my son/daughter from the place of the camp or event or will arrange for, and pay the cost of, transporting my son/daughter home.

Date

Parent Signature

High Performance Code of Conduct for Athletes

Section 1

SCA encourages participation and the pursuit of excellence in all aspects of bicycling. SCA grants the privilege of membership to individuals and groups committed to that mission. The privilege of membership may, therefore, be withdrawn or denied by SCA at any time where SCA determines that a member or prospective member's conduct is inconsistent with the mission of the organization or the best interest of the sport and those who participate in it. In order to assist all members to better serve the interests of those who participate in cycling, SCA has adopted this High Performance Code of Conduct. It is not SCA's policy to try and dictate what an athlete's lifestyle should be, the following rules are based on legal and physiological facts.

Section 2

Any member or prospective member of SCA may be sanctioned under the racing rules, fined, suspended, denied membership, censured, placed on probation, or expelled from SCA after being afforded the right to a hearing under CCA Policy (Eligibility, Discipline and Hearings), if such member violates the provisions of the SCA Code of Conduct, set forth in Section 3 below, or aids, abets or encourages another person to violate any of the provisions of the SCA Code of Conduct.

Section 3

1. The following shall be considered violations of the SCA Code of Conduct:
2. Violation of anti-doping provisions as established by WADA (World Antidoping Agency)
3. The sale or distribution of any substance on the WADA list of banned substances.
4. The administration of any substance by injection, whether legal or illegal, unless it is done so by a licensed medical professional for the purposes of health maintenance or due to illness.
5. The providing of alcohol or tobacco to a member by an athlete, coach, official, trainer, manager or any other person where the member is under the legal age allowed to consume or purchase alcohol or tobacco in the province/state where it is provided.
6. Any act of fraud, deception, or dishonesty in connection with any SCA-related activity.
7. Any non-consensual physical contact, obscene language or gesture, or other threatening language or conduct directed towards any person in connection with any SCA-related activity.
8. Any intentional damage to private or public property while at or near an event venue sanctioned by SCA, or damage to SCA property.
9. Failure of any member who is party to or witnesses any violation(s) contained in the above stated SCA Code of Conduct to report the specific violation to SCA immediately.
10. At SCA sponsored Camps/Trips:
 - All instructions and decisions from the Coaches, Managers and or Chaperones are considered final.
 - Curfews are to be adhered to by all athletes. Please note that curfew times are arbitrary and may have to be adjusted to fit training, transportation, mealtime and other unforeseen circumstances. The Coaches, Managers and or Chaperones on any trip are the only people who may adjust curfew times.

Section 4

Alleged violations of the SCA Code of Conduct must be reported in writing (signed and dated) to the Executive Director of SCA

I understand that failure to follow the rules will result in the loss of future privileges and will result in disciplinary measures and could ultimately mean the removal of the athlete from the High Performance Program.

Date _____ Athlete's Signature _____

For athletes aged 17 and younger: **Parent/Guardian declaration:**

I, _____ Name of Parent/Guardian - please print _____ have read and recognize that my daughter/son will abide by the guidelines and requirements for

his/her participation as a member of the High Performance Program. If my son/daughter is in breach of the code of conduct while away at a camp or event and is sent home, I agree to pick up my son/daughter from the place of the camp or event or will arrange for, and pay the cost of, transporting my son/daughter home.

Date _____ Parent's Signature _____

Athlete Characteristics and Expectations

General Traits - Attitude for gratitude - use of please and thank you, aware of surroundings - cleans up after self, recognizes help is needed and assists accordingly, type of person you enjoy being around, sense of humor, pays attention to details, lives in the "moment" and appreciates/makes the most of the opportunities afforded them, eliminates the I want it and I want it now attitude from their personality

"Low Maintenance Athlete" - Meets deadlines, follows directions, communicates honestly, strong personal accountability and responsibility - no excuses, recognizes the importance of the small detail and how it can be the difference between reaching your goal or not, finds solutions vs. making excuses, consistent support of team expectations & guidelines

Communication - Asks questions when unsure, looks you in the eye when talking with you, is able to carry on a general conversation when engaged, engages others to talk, in a group will try to involve everyone and not become the "look at me" person, communicates in a regular tone not a loud voice that again invites the "look at me" situation, able to communicate for themselves not through parents, friends, coaches or gossip

Unquestionable commitment to personal improvement - Consistent commitment to excellence, takes feedback and works to improve all identified areas, testing results improve steadily, level of fitness high enough to complete all tests, works on skills, and works outside their comfort zone

Competitiveness/Determination/Drive/Intensity/Work Ethic - Constant desire to excel in all situations, never gives up, fire in their eyes, size of heart, competes at everything all of the time, competes hard within the rules, is willing to take risks, consistently strong work ethic in all activities, works hard when no one is watching, does not cut corners, does not look for an easy way out, challenges self, works hard but has fun, is there because THEY wants to be

Coachability - Listens to instructions, receives feedback openly, seeks clarity and executes a change of behavior to the best of their ability, personally responsible for own performance, asks questions, admits errors, responds constructively to obstacle/challenges, respects coaching decisions publicly - understands how to question decisions privately

Mental Toughness - Not easily discouraged, rebounds from errors/poor performance, performs well under pressure, good emotional control-uses emotions in a constructive, positive manner, consistency of "toughness", ability to remain focused on the task at hand, not easily distracted, takes responsibility for their own confidence

Discipline - Respects deadlines (i.e. being on time, replying to a request), controls temper, aggressive but composed, sticks to the plan, recognizes the importance of proper treatment of injuries and follows guidance given, nutrition, rest, makes good decisions which support their priorities, is not a "high maintenance" person

Reliable Team Player - Displays selflessness, puts team before self, remains positive, will accept & execute role, helps teammates understand directions, supportive and constructive with teammates, sportsmanship, balanced ego, a "real" person, is not a distraction to the team

Leadership - Leads by example, encourages others, respected by teammates, mature, displays an “in charge” attitude, enthusiastic, recognizes that “cliques” within a team are detrimental to team performance and works hard to get to know everyone, is good at making everyone feeling included, values all in a group.