

High Performance Development Program - Membership Form

Please complete and submit electronically to the SCA office during license renewal for the 2008 season or prior to the 1st race of the 2008 Sask Cup Series. **Athletes applying for Athletes Assistance for the 2008 season will need to complete and submit all required HP forms by Nov. 30th, 2007.**

Name: _____ Date of birth (d/m/y): _____
M/F: ___ Phone: _____ E-Mail: _____
Parent/guardian name: _____ E-mail: _____
2008 MTB category: _____ Road Category 2008: _____

I am applying for Athletes Assistance (Y/N): _____

A. Goals

List your 2008 racing goals, including out-of-province races you should attend and results you expect:

List your long-term racing goals in cycling. Please be specific as possible:

B. Athlete History

Indicate the number of years you have raced in the following disciplines and your 2008 race priority (# years/priority: 1 high to 3 low):

Cyclo Cross ___/___ Road ___/___ MTB ___/___

List your highest levels of cycling competition achieved and the year achieved:

List significant personal achievements in other sport and non-sport areas:

List your top-priority sport: _____ and secondary sport: _____

Are you attending school: Y/N ___ Location _____ GR/YR: ___ FT/PT ___

Indicate with an 'X' the training equipment you currently use or have access to:

Bikes: MTB ___ RD ___ TT ___ CX ___ Indoor Trainer ___ Indoor Rollers ___
HR Monitor ___ Power Metre ___ Skates ___ XC skis ___ Snow Shoes ___

C. Race History*

*in addition to any SK/ABA/BC race results filled-in below, out-of-province racers may submit a verbal account of their race results, including a personal evaluation of their 2007 performance, justifying how they have determined their performance has improved, or not.

2007 Road Results:

Date	Event/Location	Age/Cat	# of racers in category	TT 1 st / your place time	RR 1 st / your place time	Reason for less than expected results or dnf: mechanical/ illness/ injury/ out-of-province
April 29	SC RR #1 Regina					
May 5	ABA SR Edmonton					
May 19-20	SC RR #2 Saskatoon					
June 3	ABA RR Pigeon Lk					
June 2-3	SC RR #3 Regina					
June 30- July 1	Wyoming SR					
July 5	Rd Nat'ls Jr TT					
July 8, 9	Rd Nat'ls Jr RR /U23 TT					
July 19	Rd Nat'ls U23 RR					
July 21-22	SC RR #4 Prince Albert					
Aug 4-6	B.C. SR Kelowna					
Aug 8	WCSG TT					
Aug 9	WCSG RR					
August 25-26	SC RR #5 Provincials Saskatoon					
Sept 1-2	SC RR #6 Moose Jaw					

2007 MTB Results:

Date	Event/Location	Age/Cat	# of racers	1 st place	Reason for less than
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			in cat	time/your place time	expected results or dnf: mechanical/ illness/ injury/ out-of-province
May 13	SC MTB#1 Regina Beach				
May 19	CC#2 Bromont				
May 26	CC#3 Mont Tremblant				
May 27	SC MTB#2 N. Battleford				
June 10	SC MTB#3 Prince Albert				
June 24	SC MTB#4 Saskatoon				
July 14	CC#5 Canmore				
July 21	MTB Nat'ls Mt. Washington				
July 29	SC MTB#5 Saskatoon				
Aug 11	WCSG MTB				
Aug 19	SC MTB#6 Provincials Regina				

Fall 2007 CX results:

Date	Event/Location	Age/Cat	# of racers in cat	1 st place time/your place time	Reason for less than expected result or dnf: mechanical/illness/injury/other
Sept 22	SC CX #1 Regina				
Sept 30th	SC CX#2 Regina				
Oct 7th	Jim Horner UCI				
Oct 8th	ABA Oktoberfest				
Oct 13- 14th	SC CX #2 Saskatoon				
Oct. 21st	Nationals				
Oct 28	SC CX #4 Prince Albert				

D. Training

Coaches name: _____ coaching level: _____ coaching fee: _____
e-mail: _____ phone: _____

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					