

High Performance Development Program - 2009 Membership Form

Please complete and submit this form electronically to the SCA office prior to the 1st race of the 2009 Sask Cup Series. *Eligible athletes applying for Athletes Assistance will need to complete and submit all required HP forms by December 31st, 2008.*

Name: _____ Date of birth (d/m/y): _____
M/F: ___ Phone: _____ E-Mail: _____
Parent/guardian name: _____ E-Mail: _____
2009 MTB category: _____ Road Category 2009: _____

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

A. Goals

List your 2009 racing goals, including out-of-province races you plan to attend and results you expect: _____

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

B. Athlete Identity

Indicate your 2009 funding priority (1 high to 4 low): Rd ___ Mtb ___ Cx ___ Track ___

Excluding Team Sask, please name the team and/or club you will be representing in 2009

Is this a Road (Y/N___), MTB (Y/N___), Track (Y/N___), CX (Y/N___) team/club?

Do you have a personal resume that can be used to find your own sponsors: Y/N ___

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

What is your top-priority competitive sport: _____

Are you furthering your education Y/N ___ on a full time___ part time ___ basis?

Do you have a job Y/N ___ on a fulltime ___ part-time ___ basis?

Indicate the 2008 HP fundraising initiatives you or your designate participated in:
Wise Rider Day ___; T-shirts ___; Jerseys ___; Corporate donations ___

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C. Coaching

Your coaches name: _____ coaching level: _____
 e-mail: _____ phone: _____

I would like assistance in finding a coach: Y/N__

D. Training

I attend my local 'Tuesday Nighter': Y/N __

I am enrolled in a winter training program: Y/N __ located: _____

If yes, please identify your program: _____

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 __

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					

E. In-Province Race History

Excluding Provincials, list the number of races you participated in each discipline of the Sask Cup Series: RD __, MTB __, CX__

I raced the Provincial Race in RD __, MTB __, CX __

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F. Out of Province Race History*

* out-of-province racers should submit an electronic account substituting their races.

2008 Road Results:

Date	Event/Location	Age/Cat	# of racers in category	TT place time	RR place time	Reason for less than expected results, dnf or absence
May 3-4	Velocity SR Edmonton					
June 1	Pigeon Lake Alberta					
June 13-14	Devon Grand Prix, Alberta					
June 21	Banff SR Alberta					
June/July	Rd Nat'ls Quebec					
July	Abitibi					
July	BC Superweek					
Aug 2-4	Tour de Bowness					
Sept 14 rescheduled	Prov RR Saskatoon					

2008 MTB Results:

Date	Event/Location	Age/Cat	# of racers in cat	place time	Reason for less than expected results, dnf or absence
May 25	CC Mont Tremblant				
June 29	CC Kamloops				
July 5	CC Canmore				
July 20	Mtb Nats, Que				
Aug 25	Prov MTB Prince Albert				

Fall 2008 CX results:

Date	Event/Location	Age/Cat	# of racers in cat	place time	Reason for less than expected result, dnf or absence:
Oct 11/12	Jim Horner UCI & Nationals				
Oct 26	Prov CX Saskatoon				

Thank-you!