

# SCA High Performance Development Program 2010 Membership Form

Please complete and submit this form electronically to the SCA office by *Jan.31st, 2010*. All forms requiring signatures and payments should be submitted by mail the same date.

I am enrolling in Program 1 (\$100) \_\_\_\_, 2 (\$100) \_\_\_\_, 3 (\$100) \_\_\_\_, 4 (\$50) \_\_\_\_

I agree to meet the in-province race and volunteer commitments specified for my Program: Y/N \_\_\_\_

Athlete signature \_\_\_\_\_ Parent or guardian signature \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth (d/m/y): \_\_\_\_\_

M/F: \_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Parent/guardian name: \_\_\_\_\_ Email: \_\_\_\_\_

MTB cat 2010: \_\_\_\_\_ Road Cat 2010: \_\_\_\_\_ CX Cat 2011: \_\_\_\_\_

## A. Goals

List your 2010 racing goals:

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

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

List your long-term racing goals in cycling:

## B. Athlete Identity

Indicate your 2010 funding priority (select one only): Rd \_\_ Mtb \_\_ CX \_\_

Including Team Sask, please list any other team and/or club you will represent in 2010:

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 and the year achieved:

Do you attend school: Y/N \_\_ full time\_\_ part time \_\_

Do you have a job: Y/N \_\_ fulltime \_\_ part-time \_\_

Indicate the 2009 HP volunteer or fundraising initiative(s) you or your designate participated in:

Sask Cup Rd Series event/date \_\_\_\_\_

Sask Cup Mtb Series event/date \_\_\_\_\_

Team Sask Dev Trip manager/event/date \_\_\_\_\_

Other, please describe \_\_\_\_\_

## C. Coaching

Your coach's name: \_\_\_\_\_ his/her coaching level: \_\_\_\_\_

Email: \_\_\_\_\_ phone: \_\_\_\_\_

I would like assistance in finding a coach: Y/N\_\_

## 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 \_\_

I have a Road Y/N\_\_ and/or Mtb Y/N\_\_ training partner

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 2009 Race History**

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

RD \_\_\_\_\_  
 \_\_\_\_\_ MTB  
 \_\_\_\_\_

2010 CX \_\_\_\_\_

I raced the Provincial Championship Race in RD \_\_, MTB \_\_\_\_, 2010 CX \_\_

**F. Out of Province Race History**

List the races you participated in each discipline

RD \_\_\_\_\_

MTB \_\_\_\_\_

2010 CX \_\_\_\_\_