

# SCA High Performance Development Program 2012 Membership Form

Please complete and submit this form electronically to the SCA office by Jan.31st, 2012. All forms requiring signatures and payments should be submitted by mail the same date.

I am enrolling in Program\*:  Tier 1-3 (\$100) or  Tier 4 (\$50)

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

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

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

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

MTB cat 2011: \_\_\_\_\_ Road Cat 2011: \_\_\_\_\_ CX Cat 2012: \_\_\_\_\_

## A. Goals

List your 2012 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 2012 funding priority (select one only):  Rd;  Mtb;  CX(cyclocross)

Including Team Sask, please list any other team and/or club you will represent in 2011:

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;  Y  N part time

Do you have a job:  Y  N full time;  Y  N part time

Indicate the 2011 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 a '✓' 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					

### E. In-Province 2011 Race History

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

RD \_\_\_\_\_

MTB \_\_\_\_\_

CX \_\_\_\_\_

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

### F. Out of Province 2011 Race History

List the races you participated in each discipline

RD \_\_\_\_\_

MTB \_\_\_\_\_

CX \_\_\_\_\_

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**\*Note:** HP offers 4 levels of Development Programming and Funding (for more detail go to the SCA HP website <http://www.saskcycling.ca/High%20Performance/indexhp.html> :

- 1) cyclists age-eligible for WCG 2015 (born 1997 or later)
- 2) cyclists age-eligible for CG 2013 but not WCG 2015 (born 1991 or later)
- 3) U23 cyclists not age-eligible for CG 2013 (born 1993 or earlier) and Elite age athletes training and competing full-time to achieve National Team status
- 4) HP Dev Program for Masters-age athletes (born 1982 or earlier) training to compete at National or International events