

2018-19
Alberta Speed Skating High Performance Program
APPLICATION FORM



Name of Skater (Last, First) _____

Home Club, Prov. _____

male _____ **female** _____

Address: _____

Phone: _____

E-mail: _____

Date of Birth: (Month/Day/Year) _____

Health Care Number: _____

Any special/current medical conditions we should be aware of?

Medications: _____

Any recent injuries we should be aware of?

I am Applying for:

Entry Level LT High Performance LT

We classify junior athletes who are entering a high performance program for the first time (coming from a club level program) and athletes who are still in high school and cannot attend all ice and training sessions, as entry level. Training load/volume for these athletes are lower and will be adjusted based on their training history.

Full Year Estimated arrival date in Calgary: _____

Drop In Please indicate *possible* drop-in types (can check more than one)

Coming out a day or more before some long track competitions

Coming out for a few days to a week at least once per season

Coming out for any duration longer than a week during season

Approx. start and end dates: _____

Skaters in the Full year program will receive testing and other support in 2018-19 that will include functional movement assessments, sleep seminar, nutritional seminar and nutritional assessments (partially subsidized) and sport psychology. Drop in athletes can utilize these services with additional fees for assessments.

I will have in Calgary:

road bike mtn bike in-line skates
ST skates LT skates

In-line skates and a bike (mtn or road) will be important for aerobic training.

Please indicate your interest in participating in some additional training.

(these will have costs in addition to the coaching/program fees. Checking any of these off does not commit you do participating/paying for these activities)

1-2 day training events at Canmore (2-4 during summer)
5 day biking/dryland camp in Penticton (Aug 14-19)
Short Track (5-10 sessions during Fall/winter)

Parent/Guardian information for those under 18:

Name: _____
Relation: _____
Address: _____
Phone: _____
E-mail: _____

Skaters will be notified within a week of us receiving application on the acceptance into the program. Note that skaters must have minimum of Olympic Oval B times to access ice and program. Once accepted, we require:

- 1. Full Time Program payment by Cheque made payable to "Alberta Amateur Speed Skating Association" or by cash. First half of payment is due on June 15, 2018. Second half is due on Sept 1, 2018. Drop in fees can be paid at beginning of each drop in period.

Full time fees: Entry Level \$810 HP Program \$1850 (Prices incl. GST)
Drop In fees: (any stage) \$12/day, \$60/week, \$200/4 weeks

- 2. Signed ABSS HP Program Waiver
- 3. Signed ABSS HP Program Code of Conduct

Comments or Questions _____

For questions you can also contact Mike Marshall at (403)-512-8351
Please send form to: technicaldirector@aassa.ca or hand form in or mail to AASSA office:

AASSA - Olympic Oval
2500 Univ Dr NW
Calgary, AB T2N 1N4