

**Canada Summer Games 2013 Sport Science Program Application  
Form (Deadline February 1<sup>st</sup> 2012)**

This application should be filled out **by the head coach** who, if she/he meets the conditions of eligibility, will be working directly with the CSCA and their Sport Science Experts.

Name of Coach	
Sport	
Current NCCP Level of H.Coach	
Phone (h)	
Phone (w)	
Fax	
Email	
Team Size (prior to final cut)	
Team Size (at Canada Games)	

**Briefly describe in a few words your:**

1. When will you name your final CG team attending the games?
2. Are the athletes spread throughout the province/country OR concentrated in HRM?
3. How often do you predict you will have contact training sessions (hours/days) with the athletes? Please give as much detail as possible:
4. Are you willing to instruct athletes to complete a mandatory out of season/at home conditioning program to supplement your current program?

5. Further would you be willing to ask them to purchase small inexpensive training items such as a stability ball/rubber tubing?
  
6. Briefly describe in a few words your (as the coach) sports science experience, as well as the sport science experience of your team:

**Please attach (MANDATORY):**

- This application form
  
- Your yearly training plan for the team. This should include details such as competitions, camps, training volume and training blocks. See attached YTP as example
  
- CG sports science goals form (see below)
  
- Any other relevant information eg current fitness/mental training/nutrition program (if applicable)

Signature of Head Coach:

Date:

Signature of Canada Games Team Manager: \_\_\_\_\_ Date:\_\_\_\_\_

## **Canada Games Sports Science Program Goals**

Briefly outline the team goals in the following areas

### **Physical Conditioning:**

1.

2.

### **Mental Skills:**

1.

2.

### **Nutritional Skills:**

1.

2.

Please indicate which package you feel most suits the needs of your team?

- a) *Program 1 – Strength and Conditioning Emphasis*
- b) *Program 2 – Physical and Mental Skills Emphasis*
- c) *Program 3 – Mental Skills and Nutrition Emphasis*

*Any further comments (below):*

