

PROGRAM OVERVIEW for NORTHERN BC

The purpose of the IGNITE Athlete Development Program, a province-wide initiative, is to provide a solid long-term athletic foundation, decrease the risk of injury, and engrain a “sport for life” and healthy living philosophy. The program will enhance athletes’ strength and speed with a focus on exercise technique, to **supplement their sport specific training programs.**

The IGNITE Program **ensures young developing athletes ages 14 to 17** (LTAD late Train to Train and Train to Compete Stages) **have access to athletic performance expertise and the opportunity to develop the foundational athletic skills required for success at the highest level.** This is achieved by providing quality instruction with certified coaches and specialists from the field.

The IGNITE name comes from the overall goal of the type of athlete we want to support. We want to **ignite each athlete’s...**

Dreams ... make them possible

Passion ... help them channel it

Progression ... accelerate their improvement

Potential ...get them on the pathway to performance excellence

Up to 16 chosen athletes from both Northern BC locations, Fort St. John and Prince George will be selected for the 8-month program. The program is highly subsidized and keeps the fees for each athlete to less than 40% of the total program value.

All the components are coordinated by PacificSport Northern BC, and will use an Integrated Performance Enhancement Team (IPET) that works together within the framework of an athlete-centred system. The curriculum is divided into **three movement streams** because of their applicability to all sports. For example:

- **Sprint Training** – efficiency of running and powerful movement patterns for speed
- **Gymnastics/Trampoline** – awareness of the body’s position within space and technically appropriate landings to prepare athlete for unpredictable situations
- **Resistance Training** – key resistance training exercises with focus on proper technique that will lead towards strength & power (can integrate sport specific programs provided by the athlete’s Regional or Provincial coach)

**NORTHERN BC 2012
IGNITE ATHLETE DEVELOPMENT PROGRAM
CONTENT**

Content (34 weeks):

- Three Training sessions per week (75 minutes each)
- Two Nutrition sessions
- One Mental Training session
- Four testing sessions (tracking strength progress & exercise technique)
- Pre & Post Sport Readiness Assessments

Criteria:

- Registered with an eligible Provincial Sport Organization
- Meet at least one of the following performance standards:
 - In the age category for the 2015 Canada Winter Games of their chosen sport
 - Have been selected to a Provincial Team and/or competed at a Junior National Championships (or equivalent)
 - Be a PacificSport Northern BC registered athlete

TIMELINE AND FEES

Term: April 23 – December 14, 2012 (34 weeks)

Number of Athletes: Up to 16 athletes per centre (Prince George & Fort St. John)

Cost per Athlete: \$720 (\$90 per month)

Applications due by Thursday, March 1st, 2012 at 4pm PST

Athletes will be notified by Monday April 2nd, 2012

