

ALBERTA SPORT DEVELOPMENT CENTRE SW

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Dear Athlete/Coach/Parent,

The Alberta Sport Development Centre Southwest, a program of Alberta Sport Connection, is proud to present the 2017-2018 Athlete Enhancement Program (AEP) and is currently seeking applications. The AEP is designed to provide sport science support to emerging high performance athletes in our region. In the Southwest region, the program is free to individuals who apply and get accepted.

Developing athletes in the “Training to Train” or “Training to Compete” levels of the Long Term Athlete Development Model (LTAD) are encouraged to apply. Athletes in the “Train to Win” stage of their development may be accepted, depending on the current services being provided to them from their provincial/national sport organization. Typically, our AEP consists of athletes between the ages of 13-18.

The program is designed to provide holistic training so athletes can learn, develop, and optimize their abilities over three years. Each year, the AEP accepts approximately 20-25 “Year One” athletes, 12-15 “Year Two” returning athletes, and 5-7 “Year Three” returning athletes.

Accepted athletes receive 32 strength and conditioning sessions at the UofL High Performance Centre and 8 sport science sessions covering nutrition, mental training, public relations, and athletic body management topics. The AEP’s sport sciences are delivered by educated, experienced, and certified staff.

The application requires general athlete information, athlete sport experiences, an athlete intention letter, and coach/teacher recommendation letters or contact information for referral follow-up, as well as completion of a waiver form. Applications are reviewed by a selection committee and athletes are chosen based on a variety of predetermined criteria, number of applicants, and quality of applications.

Since 2009, the AEP has supported over 200 athletes reach their athletic goals. The AEP has supported athletes preparing for Alberta Games, Western Canada Games, and Canada Game events. Athletes that have participated in the AEP have moved on to receive scholarships to become student-athletes at ACAC, U Sport, NAIA, and NCAA schools. Rachel Nicol, an inaugural AEP athlete, received a NCAA Div. 1 scholarship and recently represented Canada at the 2016 Summer Olympics in Rio.

The ASDC SW hopes to see interested athletes apply by the October 13th deadline. If there are any questions, please contact the ASDC SW. Applications can be found at www.asdcsw.ca, click on the “AEP Banner” or click on “Programs”.

A handwritten signature in black ink, appearing to read 'Joshua Hoetmer'.

Joshua Hoetmer

Centre Coordinator

Mental Performance Consultant

