# **TEAM TRAIL SPORTS DEVELOPMENT - APPLICATION 2022-23**

ABOUT THE PROGRAM:

Additional personalized services to compliment the Primo program. This add-on program is for athletes born 2006 and older, that are wanting to dedicate extra efforts in certain areas of their development to help them reach higher levels in cross country or biathlon.

Athletes applying to Team Trail Sports Development must be willing to train 6 days a week (occasionally twice a day), and regularly maintain a training log with personal post-workout comments. Those selected to the team will be considered based on their professionalism in training, work ethic, good communication, and positive mindset.

The Team Trail Sport Development services will focus on the areas of development listed below. This will bring up the number of sessions to about 240/year from the regular 190 sessions/year for the primo program.

Athletes must complete the application with a relevant development plan. Areas of focus of the Team Trail Sports Development include:

* Supplementary strength training sessions
* Sport psychology
* Nutrition
* Option for monitoring of strain and recovery
* Additional individual meetings with coach
* Individualized training plan
* Comprehensive ski fleet testing

Athletes are expected to attend all training camps and the majority of team training sessions. They will use a heart rate monitor capable of automatically downloading data to Training Peaks. The data will be complemented with regular personal comments. Athletes accepted in this program must be cross country or biathlon focused September-March.

There will be a cost of approximately $400 to join this program. This cost is extra to the regular Primo fee.

NOTE: Number of athletes accepted in this program is limited

Application deadline is May 15th. Email your application to teamtrailsports@canmorenordic.com

|  |  |
| --- | --- |
| Name: |  |
| E-mail address: |  |
| Phone #: |  |
| Date of Birth: |  |

Why do you want to join TEAM TRAIL SPORTS DEVELOPMENT?

What traits have you shown in training and racing in the last year that would make you a good candidate?

Which services are you most interested in and why?

What are your short-term goals (next year)?

What are your long-term goals?

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