



2012-2013 Athletics Manitoba Junior Development Program

The Elite Development program is a provincially focused training sessions run by Athletics Manitoba. The program will be targeted at male and female Midget and Youth aged athletes (born 1996-1999). The program will have limited registrations. This program seeks to reach athletes that are identified as potential provincial team members but do not train in a club system. A variety of events will be taught with a focus on essential sport skill development for future success. The program will focus on LTAD model guidelines of teaching skills and movement patterns that are applicable to the athlete's development age. These skills will be based on previous event experiences and physical maturation.

The Elite Development program is run under the supervision of the Athletics Manitoba Grassroots and Competition Manager, Adam Penner.

The goals of the program:

- To provide sufficient training so as to see that each athlete has a significant chance to make a provincial team.
- To provide instruction and coaching within an athletics specific environment that is grounded in Long Term Athlete Development principles and progressions based on developmental rather than chronological age.
- To provide athletes, coaches and parents of school or community based programs continued mentorship and cooperation with the partnership of Athletics Manitoba in the talent identification and development of athletes.
- To provide school or community based athletes an opportunity to learn about and prepare for selection to an Athletics Manitoba provincial team competitive opportunity.

When:

- 3 sessions per week

Where:

- University of Manitoba Max Bell Indoor Track & Field

Cost:

- \$300 per Athlete for the entire program that includes Athletics Manitoba membership and all training costs through the indoor season. (end of March 2013)

Contact: Adam Penner at adam.penner@shaw.ca or at Athletics Manitoba 204.925-5743



TRACK & FIELD / ROAD RUNNING / CROSS COUNTRY

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**2012-2013 Elite Development Program
APPLICATION**

Athlete: _____
First Name Last Name

Gender: Male Female

Date of Birth: ____/____/____
Day Month Year

Address: _____ City/Town: _____

Postal Code: _____ Home Phone: _____

Parent Email(s): _____

Parent Cell Phone(s): _____
Father's Cell Mother's Cell

School Athlete Attends: _____

Please indicate if there are any medical issues that coaches should be aware of: _____

Emergency phone number: _____ Relationship to Athlete: _____

Cheques made payable to Athletics Manitoba

Completed forms and payment submitted to:
Athletics Manitoba
Attention: Adam Penner
145 Pacific Ave
Winnipeg, MB
R3B 2Z6