2018/2019
ATHLETE ENHANCEMENT PROGRAM

WANT TO ENHANCE YOUR PERFORMANCE AND OPTIMIZE YOUR POTENTIAL?

The Athlete Enhancement Program (AEP) is an Alberta Sport Connection funded program intended to provide emerging athletes an opportunity to receive expert support (nutrition advice, high performance strength and conditioning, and mental skills training) to improve their sport performance.

THE AEP PROGRAM IS INTENDED FOR EMERGING ATHLETES BETWEEN THE AGES OF 13 - 18 YEARS OLD.

WHAT DO YOU GET?

- Direct Support from Sport Performance Professionals (Strength & Conditioning, Mental Skills and Sport Nutrition)
- Weekly Strength & Conditioning sessions
- Fitness Testing
- Gear to show off your talents

$250 ($7000 value)

September - May
(Applications are due on September 10th)

APPLICATION PROCESS:
Go to mhc.ab.ca/ASDCSE and fill out the AEP application, Coach Questionnaire and Self-Assessment

THE ASDC-SE REVIEWS ALL APPLICATIONS AND MAKES SELECTION ON THE FOLLOWING CRITERIA:

- Ability as reflected in competition results
- Commitment to sport
- Coach feedback and information
- Future potential of the athlete
- Returning athletes will also be evaluated on previous year’s commitment to the program

Contact Kristina Segall, ASDC-SE Coordinator, 403-504-3547, KSegall@mhc.ab.ca