



### About IGNITE™

The IGNITE™ Athlete Development Program is targeted towards athletes between 14-17 in the Train to Train stage of Canada's Long Term Athlete Development (LTAD). IGNITE™ introduces young athletes to a high-performance lifestyle by improving their athleticism, physical literacy and fitness through a multi-sport training program which is complementary to their current sport-specific practice and competition schedules. The physical component of the Canadian Sport School is called the IGNITE™ Athlete Development program. This same program is run at all 3 Canadian Sport School campuses throughout B.C. The program is run twice a week for 8-12 weeks, either in the mornings or afternoons and the curriculum is divided into three main movement streams consisting of strength training, gymnastics and sprint training along with periodic Sport Performance workshops.

**Multi-sport training program designed to support the development of aspiring high performance athletes**

#### Strength Training

Introduces athletes to a number of key bodyweight and strength training exercises that form the core of many resistance training programs. By teaching young athletes' proper technique in these movements, training efficiency will increase and the risk of injury will decrease. This will help maximize training time in the weight room, leading to greater improvements in strength and power.

#### Gymnastics

Provides unique opportunity for athletes to control, strengthen, and manipulate the body through space and around fixed implements. Developing kinesthetic awareness, mobility/flexibility, landing skills and whole body strength through gymnastics training will prepare an athlete for unpredictable sporting situations and help decrease the athletes' risk of injury.

#### Sprint Training

Prepares athletes for efficient and powerful movement on land. Improved technical efficiency in these movements will transfer to both sport specific as well as training situations. Technical efficiency in high speed running allows unique opportunities to operate within the force velocity spectrum.

#### Sport Performance Workshops

Athletes will be introduced to a high performance lifestyle through Sport Performance seminars (such as nutrition, mental training, injury prevention/care, physiology, leadership, school and career transition). Seminars will be made available to IGNITE™ athletes periodically throughout the duration of the program.

