



## High Performance Program (HPP) – Associate Membership

### Who is this membership category designed for

This is a new category of HPP membership for orienteers who do not have Canadian citizenship but who are elite level orienteers living in Canada. Possible scenarios to request associate membership to the HPP include Canadian residents who are pursuing Canadian citizenship and would like to represent Canada at international orienteering events in the future and foreign elite level orienteers residing in Canada to attend school, temporary work assignments, etc.

### How to apply for HPP – Associate membership

Applications to the HPP as an associate member may be submitted year-round to obtain membership for that calendar year (membership expires at the end of November each year). If the athlete wishes to be an associate member for the following year, they must re-apply the following year.

To apply the athlete must send an email to the National Team Coach (magjohATgmailDOTcom) including the following:

1. A cover letter explaining why they wish to be an HPP Associate member. This letter should also explain their citizenship status (permanent resident, student visa, etc.) and if their plans include obtaining Canadian citizenship.
2. Links to on-line results and splits for their four best race results of 2010.
3. Goals for orienteering abilities and performances, both short term and long term (It may be helpful to use the SMART format, i.e. Specific, Measurable, Attainable, Realistic, Timely).
4. Their training plan for the period December 31, 2010 to November 30, 2011. The following are items that should be addressed by the training plan:
  - a. Estimated number of hours of training per week
  - b. Methods of training
    - i. Running (road, trail, xc, track), skiing, biking etc.
    - ii. Mental training: map reading/analysis, Catching Features etc
    - iii. Alternative training: strength, flexibility etc
  - c. Orienteering competition schedule for the 2011 orienteering season

The athlete will hear back from the High Performance Committee (HPC) within 3 weeks of receiving the application. If the application is accepted, the athlete must return the signed HPP Associate Member athlete agreement, two photos (one head shot and one action shot) and text for an athlete profile on the HPP Associate Member page on the COF website within 2 weeks of receiving the confirmation of acceptance.



## **What are the benefits of HPP – Associate membership**

Associate HPP members are entitled to the following:

- Eligible to attend National Team training camps
- User account on the HPP Digital Orienteering Map Archive (DOMA)
- Profile on HPP Associate Member page on the COF website
- Access to coaching as appropriate

Associate HPP members are NOT entitled to the following:

- Not eligible to apply for the Rising Stars Award
- Not eligible to receive subsidized entry fees for Canadian events, where available
- Not eligible to purchase Team Canada uniforms
- Not eligible to receive sponsorship equipment, if available

Associate HPP members are not able to receive any direct financial support from the COF, unlike full HPP members who are able to access various grant programs (Rising Stars), discounted entries, and travel and training camp subsidies, etc.

## **Expectations of HPP Associate member**

As an associate member of the HPP, the athlete must:

1. Sign and return the HPP Associate Member athlete agreement
2. Join the osquad email list. To subscribe, send an email to: [osquad-subscribe@yahoogroups.com](mailto:osquad-subscribe@yahoogroups.com)
3. Contribute in a timely manner with the implementation of the HPP communication plan
4. Maintain high level of commitment to training and competition
5. Respond in a timely matter to any correspondence from the HPC and/or the COF.

## **Other**

See the athlete handbook for information about:

1. The HPP communication plan
2. Training camp information