### CCSAM PROVINCIAL DEVELOPMENT PROGRAM 2019 – 2020

**TEAM TRIP**

**ATHLETE EXPRESSION OF INTEREST (EOI)**

Name:

Address:

City:       Prov:       Postal Code:

Home phone:       Mobile phone:

Email address (separate multiple addresses with commas):

Year of Birth:       Race category:

Coach name:

Please submit ONE form for EACH trip:

**TEAM TRIP** (select ONE):

[ ]  **Early Snow Camp** – Canmore, AB December 1 – 9, 2019. EOI **due Oct 15, 2019**

[ ]  **Ontario Cup** – Lappe Nordic, Thunder Bay, ON January 1 – 5, 2020. EOI & AR **due Dec 10, 2019**

[ ]  **Haywood Noram/World Junior/U23 Trials** – Mont Ste-Anne, QC January 29 – February 3, 2020. EOI & AR **due Jan 12, 2020**

[ ]  **National Championships** – Sovereign Lake, Vernon, BC March 26 – April 2, 2020. EOI & AR **due Feb 17, 2020**

**ATHLETES**: You MUST have a pre-season discussion with your coach(es), and parent(s) if you are under 18, regarding your race/training goals and your competition plan for this season BEFORE submitting Trip EOIs.

**Is competing at Nordic National Championships this season a primary goal for you**:

[ ]  YES [ ]  NO

Tell us your **RACE** **or TRAINING GOALS** for the above camp/competition. What do you hope to achieve from this experience:

1.
2.
3.

Tell us your **OVERALL GOALS** for the **2018-2019** season:

1.
2.
3.

Please submit this EOI and your Athlete Record (AR) by the each DUE DATE to: info@ccsam.ca