



CANADIAN MASTERS WINDSURFING ASSOCIATION

APPLICATION FOR YOUTH BURSARY PROGRAM

2015

The Canadian Masters Windsurfing Association (CMWA) is offering a bursary to a Canadian Youth who is 18 years old and younger prior to participating in the competitive windsurfing event. This bursary provides financial assistance to a Canadian Youth windsurfer to help him/her offset the cost of registration, travel, equipment leasing or coaching expenses necessary to attend a national or international windsurfing event. One **\$500** bursary per year is available. Submissions due **December 1, 2015**.

To qualify for funding, the applicant must meet the following criteria:

- Be a Canadian citizen.
- Fill out and submit the CMWA application by deadline and before attending a national or international event, including costs to be offset.
- Be competing in RS:X, Bic Techno or Kona events.
- Provide results from event for the CMWA newsletter and website along with a summary of their experience. Must be submitted to newsletter editor a minimum of 30 days after the event.
- Submit proof of payment and outline of all related costs 14 days after the event in order to receive approved funding.

NOTE:

In cases where the applicant is unable to provide funding to attend the event, 50% of the bursary may be awarded in advance at the discretion of the Board of Directors.

**CANADIAN MASTERS WINDSURFING ASSOCIATION
YOUTH BURSARY PROGRAM APPLICATION**

Full Name: _____

Date of Birth: _____

Address: _____

City/Town: _____ Province: _____

Postal Code: _____

Phone Number: _____

Email: _____

Club Affiliation: _____

Type of Equipment Racing with: _____

Name of the Event Attending: _____

Country Hosting the Event: _____

Dates of the Event: _____

Please provide the following information:

Level of Event Attending:

National (Canada):

International (US, Worlds):

Racing Experience and Results over the past 2-5 years:

Include what year, races, and where you placed overall and in your age category.

Club:

YEAR	RACE	PLACED: OVERALL & AGE CATEGORY
e.g. 2008	e.g. club name	23rd out of 32 & 3rd youth - male (5 competitors)

Provincial:

YEAR	RACE	PLACED: OVERALL & AGE CATEGORY
e.g. 2009	QC Champs - Trois-Rivières	16th out of 23 & 1st youth - male (8 competitors)

YEAR	RACE	PLACED: OVERALL & AGE CATEGORY

YEAR	RACE	PLACED: OVERALL & AGE CATEGORY
2012	CMWA - Rondeau RYC	6th out of 12 & 5th youth - male (8 competitors)

National (Canada):

International (US, Worlds):

YEAR	RACE	PLACED: OVERALL & AGE CATEGORY
e.g. 2012	NA Youth Champs - Martha's Vineyard	20th out of 32 & 11th male (22 competitors)

YEAR	RACE	PLACED: OVERALL & AGE CATEGORY

OTHER COMMENTS:

TRAINING PROGRAMS

Describe Training programs (be specific and include coaches names, training facilities and details of workouts, how often per week, expected results)

Preseason - Dryland

Coach/Trainer:

Training Facility:

Frequency	Activity	Details	Duration
e.g. Day 1 of 12 week program	Aerobic Training Anaerobic Training	elliptical Treadmill	30-45 min loading to 80% max.
e.g. Day 2	Weight Training	upper body - bicep/triceps, chest/back, shoulders, abs	2-3 sets - 6-8 reps to max

GOAL SETTING

A SMART goal is:

Specific (and strategic): Linked to your mission and strategic plan.

Answers the question—Who? and What?

Measurable: The success toward meeting the goal can be measured.

Answers the question—How?

Attainable: Goals are realistic and can be achieved in a specific amount of time and are reasonable.

Relevant (results oriented): The goals are aligned with current task and focus in one defined area; include the expected result.

Time framed: Goals have a clearly defined time-frame including a target or deadline date.

Goal for this event:

Goals for future events:

Event Cost Breakdown

	Budget	Actual Cost
Entry Fees:		
Charter Rate:		
Coaching Fees:		
Travel - Personal Vehicle @ \$0.50/km: - Airfare: - Other:		
Accommodations:		
Meals @ \$50.00/day:		
Total Cost:		

List all sources of outside funding:

Source	Use	Amount
e.g. Provincial Sailing Association (PRO), Federal Sailing Association (Sail Canada) or other donations	e.g. Coaching, entry fees, travel, etc.	\$5,000

Please return the completed form to Stephanie Todd at surfit@sympatico.ca

Or mail it to : Stephanie Todd, 96 Colony Trail Blvd.
Holland Landing, ON L9N 1E3