



APPLICATION PROCESS

IMPORTANT

The team coach is required to contact the NS Curling High Performance Director to indicate the team's intent to apply for consideration into the High Performance Program. The High Performance Director will then forward the application package to the team's coach.

Application Package includes:

- Form 1.1 – Coach Submission
- Form 1.2 – Skip Submission
- Form 1.3 – Third Submission
- Form 1.4 – Second Submission
- Form 1.5 – Lead Submission
- Form 2.1 – Individual Athlete Action Plan #1 (Pre-Season)
- Appendix A - Guide to Resources
 - Identifies resources available and will help to complete the Application.
- Appendix B - Fitness Testing Benchmark Standards

Teams must submit ALL required forms before the application will be considered. Only fully complete applications will be accepted. Please read all Program information before submitting the application.

Applications are due 11:59 pm on April 30, 2024. All information must be emailed to the High Performance Director, Kevin Ouellette – [**kouellette@nscurl.com**](mailto:kouellette@nscurl.com)