

ASCK Program Features – Summary

Please contact the ASCK Head Coach for detailed information about the features of each of the programs and predicted annual costs (including camps) for your athlete. Mike Holroyd would be happy to answer your questions by phone or email (mholroydcoach@gmail.com).

ASCK programs are significantly subsidized. The best value can be found in the comprehensive programs (HPP and HP Lite). The Drop-In program is the least cost effective program, offers limited services, and availability of space is not guaranteed.

| Feature | HPP | HP Lite | WTP | Drop-In |
|--|---|---|--|--|
| Overview Yearly Training Plan (YTP) outlining training cycles for athletes depending upon their annual plan. | Individualized Plan + athlete meetings (1:1) - goal setting, debriefs,... | Individualized Plan + athlete meetings (1:1) - goal setting, debriefs,... | Group Plan with individual suggestions | No |
| Weekly training opportunities via the HP Google schedule | Included | Included | Included - for program duration | No - see ASCK website email updates or inquire with coach |
| Strength and core conditioning plans will be provided monthly <ul style="list-style-type: none"> Hard copy plan is designed around gym access. As the Head Coach cannot supervise all sessions, younger athletes should seek a trainer to assist them with proper technique. | Included | Included | Included - for program duration | No |
| Fitness testing – only for athletes on a program | Lab & CKC tests | Lab & CKC tests | CKC test 1-2x/yr | No |
| Monthly day camps in Calgary Region – 1 day/mth | Included | Included | Included - for program duration | Yes - Drop-in fees apply |
| Monthly Outreach – up to one evening session per month in each region with athletes (e.g. Edmonton, Calgary, Central, South). <ul style="list-style-type: none"> Clubs book pool times in consultation with ASCK. Missed sessions will not be credited in the event of lack of pool availability or adverse weather | Included | Included | Included - for program duration | Only if there happens to be a program athlete in your area. Drop-in fees apply. |
| Training Camps and Race support | Included | Included | Yes - 20% camp discount for WTP | Yes - limited availability Drop-in fees apply. |
| AB Sport Development Centre Services at regional centres – Seminars (psychology, nutrition), etc. | Included | Included | Included - for program duration | No |