



## Adopt an Athlete Program

Sleep, eat, team practice, strength training, travel, competition, eat, sleep repeat.... Members of the National Development Centre (NDC) Thunder Bay– Cross Country Ski Team dedicate on average 20-30 hours a week to training and racing. Add in weekend travel to races and there is little time to take on part time jobs to offset the cost of team fees and travel expenses.

Financial assistance is critical to maintaining the tradition of excellence of the NDC Thunder Bay. The Adopt an Athlete program provides the opportunity for you to help offset some of the cost associated with training and racing at the national level and here's a bonus - get some much needed projects done around the house, camp or business. Let's face it, we all have things that need to get done and never seem to find the time to do them. This program is a great way for former team alumni, friends, family and the community to be a part of the long standing tradition of excellence of the NDC Thunder Bay. With your generous support we can continue the commitment of excellence that has allowed the NDC to turn today's developing skiers into tomorrow's aspiring Olympic Champion.

### Program Details:

- 1. Where does my donation go?** For a \$500 commitment to the NDC Thunder Bay (directed to the athletes travel account) the adopted athlete will provide you **with approximately 20 hours of work around your home, camp or business based on an agreed upon task. This work needs to be safe, reasonable on the ground work (No ladders or roofs for safety and insurance reasons). Ski lessons are also an option!!**
- 2. How will the athlete contact me?** The athlete will contact you directly by phone or e-mail to coordinate a mutually agreeable time to honour their work commitment. The athlete will have 6 months to complete their 20 hour commitment to you. Since the athletes are training /racing/travelling and are committed to the NDC, timelines and completion dates will need to be flexible.
- 3. Will the athlete keep in touch with me?** The athlete will correspond with you on a regular basis to keep you updated on their skiing development and progress throughout the season.
- 4. What type of recognition do I get?** Your name or business will appear on the Adopt an Athlete donor list on the NDC website (if requested), you will be invited to an end of season sponsor/supporter reception, and will receive a thank-you picture of the team.
- 5. How do I sign up?** For any questions on how to participate in the Adopt an Athlete program, please contact: **Amanda Holdsworth - Team Manager**, at [ndcamanda@gmail.com](mailto:ndcamanda@gmail.com) or (807) 626-2224