

# **NATIONAL TRAINING SQUADS APPLICATION FORM**

*You are required to fill up every section that applies to you.*



## **1. APPLICATION**

Squad Applying For: 470 / Laser / Laser Radial / RSX

## **2. PERSONAL PARTICULARS**

Name:

NRIC:

Gender: Female / Male

Date of Birth:

Height:

Weight:

Address:

Contact Number:

(HP)

(H)

(O)

E-mail Address:

Sailing Club:

### **Education Details**

Current Course:

Year of Study:

Earliest Graduation Date:

### **National Service Details (if applicable)**

Current Unit:

Enlistment Date:

Earliest ORD Date :

### **Employment Details (if applicable)**

Company / Organisation:

### **3. COMPETITIVE GOALS AND LONG TERM TARGETS**

**Sailing Goals (State your goals during your year of application):**

**Long-Term Targets (State your sailing, study and career goals for the next 5 years):**

#### 4. LEVEL OF COMMITMENT

You are required to fill out the 'Training and Competition Schedule'.

- Indicate clearly the year that you are filling out for. You may use more copies if you wish.
- Plot international and local competitions you are able to / feel you should compete in. Please assume that SingaporeSailing will provide only limited or no funding towards these competitions.
- Fill out the 'Weekly Training Plan' portion to a schedule you are able to adhere to.
- Indicate clearly the type of training (eg. Sailing, strength and conditioning, aerobic, circuit, etc)

Please state clearly areas in your work/study/lifestyle that would cause you to miss huge periods of training time. (eg. Mid-year exams for whole of May 2009 – 2 weeks of study followed by 2 weeks of exams.):

*This application is only complete once the National Training Squads Application Form, Yearly Competition Schedule and APIPA Ratings Pro-forma have been submitted.*

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**Sailor's Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Parent's Signature**  
(for sailors below 21 years old)

\_\_\_\_\_  
**Date**