



## EXCHANGE PROGRAM 2012

### 1. Purpose of the Program:

The primary purpose of the ASPC exchange program is to encourage the sharing of knowledge and experiences, and the subsequent development of leaders, between ASPC members.

One of the primary objectives of the ASPC is the development of people and of the leaders responsible for the respective performance training Centres. ASPC is committed to adding value to the training and development of member staff by providing opportunities for staff exchanges. The ASPC has established a grant application process to assist with the facilitation and financial support of meaningful exchanges.

### 2. Eligibility – Who can Apply?

Members in good standing of the ASPC can apply to be involved in either aspect of the exchange – to send staff members and/or to receive staff members from another Centre.

### 3. Project Guidelines:

Applications will be reviewed on their individual merit based on the objectives of the ASPC, the financial resources available and the following parameters:

- a. All projects must fit within the mandate of the ASPC.
- b. The typical subsidy is up to \$1,000 USD for the applicant and up to \$1,000 USD for the hosting Centre. Exchanges are generally 7-10 days in duration.
- c. All participants in the exchange program must secure, at their own cost, appropriate accident and health insurance coverage.
- d. Projects should have a component of self-help: an indication of funds contributed by the individual or their host Centre or a third party.
- e. Applications for projects must be received 6 months prior to the initiation of the exchange.
- f. Applications will be considered twice annually.
- g. A maximum of 2 projects will be funded in 2012.
- h. A maximum of two projects will be funded for a visiting Centre in a 24 month period.
- i. Prior to distribution of the subsidy funds, an evaluation report must be submitted to the President of the ASPC within 30 days of the completion of the exchange.

### 4. For More Information:

Visit the “exchange” section on the ASPC website <http://www.forumelitesport.org/>

Tracy Lamb  
Director, Chula Vista Olympic Training Center  
United States Olympic Committee  
2800 Olympic Parkway  
Chula Vista, CA 91915-6000  
[tracy.lamb@usoc.org](mailto:tracy.lamb@usoc.org)

Dale Henwood  
President and CEO  
Canadian Sport Centre Calgary  
Room 125 Olympic Oval  
2500 University Drive NW  
Calgary, Alberta, Canada T2N 1N4  
[dale@canadiansportcentre.com](mailto:dale@canadiansportcentre.com)

### ASPC Exchange Subsidy Procedures

1. All completed applications forms to be submitted to the ASPC President (presently Mr. Mike English, United States Olympic Committee, 1 Olympic Plaza, Colorado Springs, CO USA 80909 [Mike.English@usoc.org](mailto:Mike.English@usoc.org)).
2. Applications will be reviewed twice annually and all completed information must be submitted by **April 15<sup>th</sup>, 2012** or **September 30<sup>th</sup>, 2012**. Decisions will be communicated within 30 days of the application deadline.
3. Once received by the President, the application will be submitted to the respective Continental Vice Presidents for their review and comment.
4. Applications, along with comments from the respective Vice President (s), will be circulated to the ASPC Executive for review and approval/rejection.
5. The final decision will be made by the Exchange Committee (comprising of the ASPC President, Secretary General and Treasurer) along with the respective Continental Vice Presidents (sending and receiving).
6. A simple majority vote of the ASPC Exchange Committee is required for the application to be approved for subsidy.
7. The President of the ASPC will inform the visiting and hosting Centre of the decision of the Board.
8. If approved, a report\* must be provided to the President of the ASPC from both the visiting and hosting perspective, within 30 days after the end date of the exchange.  
[\*The report should provide an overview of the exchange, indicate the value or impact of the exchange, the lessons learned, and how the visiting Centre/personnel intend to change their activities as a result of the exchange.]
9. If approved, the financial reimbursement will be provided by the ASPC Secretariat (Sant Cugat Barcelona, Spain: Avenida Alcalde Barnils 3-5, Sant Cugat del Vallés 08174, Spain) within 30 days after the conclusion of the exchange and receipt of the required reporting.



# ASPC

## International Professional Exchange Programs 2012

Requested Site/Country for Visit: \_\_\_\_\_  
*(indicate center and country of choice for exchange)*

### Applicant Information:

Family Name: \_\_\_\_\_

Gender: Male / Female

First Name: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_

Postal Address: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_

\_\_\_\_\_

Office: \_\_\_\_\_

### Background:

Current ASPC Member Site Affiliation: \_\_\_\_\_

Requested Exchange Dates: \_\_\_\_\_

Languages Spoken: \_\_\_\_\_

Describe your current responsibilities:

Summarize your objective for the exchange:

### Grant Request Information:

Applicant's Estimated Cost of Travel to Host Site: \$ \_\_\_\_\_

Host Training Center's Estimated Cost: \$ \_\_\_\_\_

ASPC Member Host Site Contact: \_\_\_\_\_

### ADMINISTRATIVE USE ONLY:

Host Site Approval: \_\_\_\_\_

\_\_\_\_\_  
President ASPC

\_\_\_\_\_  
ASPC V.P. of Applicant Continent

\_\_\_\_\_  
ASPC V.P. of Host Continent

ASPC Grant Offered: \_\_\_\_\_





# ASPC

## International Professional Exchange Programs 2012

Requested Site/Country for Visit: CHULA VISTA, OLYMPIC TRAINING CENTER  
(indicate center and country of choice for exchange) USA

### Applicant Information:

Family Name: LIEBENBERG

Gender: Male / Female

First Name: LICINDA

Date of Birth: 27/06/1986

Postal Address: 6 PRESIDENT STR.

Email: licinda.liebenberg@up.ac.za

JANSEN PARK, BOESBOM, 1459

Phone: +27 082 214 4931

GAUTENG, SOUTH AFRICA

Office: (012) 420 6036

### Background:

Current ASPC Member Site Affiliation: HPC UNIVERSITY OF PRETORIA

Requested Exchange Dates: 25/10/2012 - 02/10/2012

Languages Spoken: ENGLISH AND AFRIKAANS

### Describe your current responsibilities:

- Strength and conditioning specialist at Athletics Academy at HPC
- Sport Scientist at Athletics Academy at HPC
- Biochemist at Institute for sport research at University of Pretoria
- Pilates Clinic Manager and presenter.
- Overall rehabilitation of sport and general public patients.

### Summarize your objective for the exchange:

- Learn different approaches on coaching and strength and conditioning techniques and implementation on training programs
- Learn from medical unit how athletes get taken through the system, how it gets structured (dr's, physio, coaches, trainers and bio's)
- To learn from rehabilitative point of view what gets implemented, how do they rehab an athlete.
- Interested in long term athlete development

### Grant Request Information:

Applicant's Estimated Cost of Travel to Host Site: \$ 1637.00

Host Training Center's Estimated Cost: \$ 60 p night (\$) \$ 480.00

ASPC Member Host Site Contact: TRACEY LAMB (619-482-6101)  
tracey.lamb@usoc.org

### ADMINISTRATIVE USE ONLY:

Host Site Approval: \_\_\_\_\_

\_\_\_\_\_  
President ASPC

\_\_\_\_\_  
ASPC V.P. of Applicant Continent

\_\_\_\_\_  
ASPC V.P. of Host Continent

ASPC Grant Offered: \_\_\_\_\_



# ASPC

## International Professional Exchange Programs 2012

Requested Site/Country for Visit: Norwegian Olympic sports Centre  
*(indicate center and country of choice for exchange)*

### Applicant Information:

Family Name: Ferrer Roca  
First Name: Ventura  
Postal Address: Av.Alcalde Barnils 3-5  
08174 Sant Cugat del Valles (Barcelona)  
Spain

Gender: Male  
Date of Birth: 13/06/1974  
Email: vferrer@car.edu  
Phone: +34676321372  
Office: +34935891810

### Background:

Current ASPC Member Site Affiliation: Centre d'alt Rendiment (C.A.R.) Sant Cugat  
Requested Exchange Dates: 05/11/2012 to 10/11/2012  
Languages Spoken: Spanish, English

Describe your current responsibilities:

Biomechanics Department.  
Performance analysis in Cycling and  
Gymnastics (Biomechanics).  
Strength and conditioning (Power  
measure).  
ACL Injury prevention (3d analysis,  
Inverse dynamics).

Summarize your objective for the exchange:

One of the purpose of the CAR  
Science Unit is to consolidate a  
working group on injury prevention.  
During the last year our work has  
been focused on ACL injuries in  
sports as women's Gymnastics,  
Handball and Football. Our objective  
is to improve our intervention  
protocols in these sports and,  
furthermore, design diagnostic tools to  
implement in the process of the injury  
rehabilitation.

### Grant Request Information:

Applicant's Estimated Cost of Travel to Host Site: Flight BCN-Oslo: 700 € (922\$)  
Host Training Center's Estimated Cost: Olympiattopen Sport Hotel: 5X175\$/Night = 900\$  
ASPC Member Host Site Contact: Dr.Roald Bahr; roald.bahr@nih.no

### ADMINISTRATIVE USE ONLY:

Host Site Approval: \_\_\_\_\_

\_\_\_\_\_  
President ASPC

\_\_\_\_\_  
ASPC V.P. of Applicant Continent

\_\_\_\_\_  
ASPC V.P. of Host Continent

ASPC Grant Offered: \_\_\_\_\_