**ATHLETE APPLICATION**

Team Phoenix recognises that after diagnosis and treatment of breast cancer it can be hard to start or return to exercise and that emotionally you may feel vulnerable and isolated. As a Team, we will support you 100% of the way in a programme that helps improve your self-esteem and motivation and get you on track to a ‘better you’! We have highly qualified coaches and mentors who will support you through a programme that works. Although our aim is to support your holistic well-being, training for a triathlon is no small feat. You need to be committed to the programme, and to the Team, but we guarantee your mind, body and soul will thank you.

We can't wait to see that medal around your neck at the finish of Hever 2019!

|  |  |
| --- | --- |
| **General information** |  |
| Full Name |  |
| Address |  |
| Mobile Number |  |
| Email |  |
| D.O.B and age |  |
|  |  |
| Emergency contact name/relationship/number |  |
|  |  |
| **Medical Information** |  |
| Year of diagnosis |  |
| Treatment to date |  |
| Are you under treatment currently/is any treatment planned in the next 6 months |  |
| Are you under hospital follow-up or discharged |  |
| Have you been advised against any activity or exercise by your doctors |  |
| Do you have any restriction/disability that may affect exercise |  |
| Do you have any other medical conditions  |  |
| Are you taking any medications |  |
| Do you have any known allergies |  |
|  |  |
| **Current exercise**  | **This is for us to know where you are starting from in terms of exercise. You do not need to be able to do any of this - the programme will do this.** |
| Are you currently exercising on a regular basis? |  |
| Can you swim? |  |
| Can you swim 400m or more at the moment? |  |
| Can you run currently? |  |
| Can you run 4k at the moment? |  |
| Can you ride a bike? |  |
| Can you ride 20k or more at the moment? |  |
| Do you own any of the following:Road/Hybrid bikeCycle HelmetSwimsuitTrainersWetsuit |  |
| What size t-shirt do you wear? |  |
| How tall are you? |  |
| How much do you weigh? |  |
|  |  |
| **The Programme** |  |
| What are you looking to get out of the programme for yourself? |  |
| What will be the hardest part for you or part you are most concerned about? |  |
| Are you able to commit to 2 sessions per week – varying week to week? |  |
| Can you be part of a TEAM and support less able women especially on the day of the Tri? |  |
| Are you prepared to wear our T-Shirt for training sessions to help advertise the programme? |  |
| Are you willing to have photographs taken and used to advertise our charity? |  |
| We are a charity relying on fundraising. Are you willing to raise funds to help run the programme next year? |  |
| Where did you hear about us? |  |

 **I am happy to receive updates from Team Phoenix Foundation via the email address you provided. For more information see our** [**privacy policy**](https://www.teamphoenixfoundation.co.uk/privacy-policy)**.**

**SPACES ARE LIMITED. PLEASE SUBMIT FORM AND QUESTIONS TO SHARON GRIFFIN AT** **APPLICATIONS@TEAMPHOENIXFOUNDATION.CO.UK**