

# Northpower



## **RUN / WALK / MULTI-SPORT SCHOLARSHIP PROGRAMME**

### **APPLICATION FORM 2020**

#### ***What is it all about?***

The Northpower Wild Kiwi Scholarship Programme is an amazing opportunity for you or someone you know to make a significant change in their health and wellness. With the goal of completing the 8km run or walk event at the Northpower Wild Kiwi on Saturday 4<sup>th</sup> April 2020.

The team at Activ8 Northland will guide you on a 8-week journey and will provide you with a personalised training programme, nutritional and lifestyle advice, regular bootcamp training sessions, and a Northpower Wild Kiwi Team shirt! Not to mention plenty of inspiration, motivation, fun and support along the way! Training sessions will take place each week as part of a bootcamp style session, starting in January 2020. It is expected that participants will commit to attending at least 2 sessions per week for the 6-week bootcamp block, as well as other sessions and meeting with the group. More information is below\*\*

Your coach will keep you accountable and focused as you work together towards your goals, however it will ultimately be up to you to put the work in. All of the group sessions will be located at or with the team at Activ8 in Whangarei. If you are a keen bean to make a change, then let's do this!

#### **\*\*What does the Scholarship Programme include?**

- An initial meeting night with activ8 Northland, including a goals worksheet and training plan.
- Access to two bootcamp sessions\* a week for 6-weeks with the team at Activ8 Northland. Starting January 2020.
- Inclusion in a closed Facebook group for motivation and support.
- An entry into the Activ8 8km run/walk at the Northpower Wild Kiwi on Saturday 4th April 2020
- A running coaching session with the team at Activ8.
- 2 yoga classes with the team at Activ8 Northland.
- Practice run/walks over the course with the Activ8 team.
- A Northpower Wild Kiwi tee.

\*Bootcamp times are

6.00am Mon / Wed / Fri  
9.15am Mon / Wed / Fri  
4.30pm Mon / Tue / Thu  
5.30pm Mon / Tue / Thu

It all starts here, please fill out the below and email it to [markf@totalsport.co.nz](mailto:markf@totalsport.co.nz) before Saturday 30<sup>th</sup> November. All applicants will be notified by Wednesday 18<sup>th</sup> December as to whether they have been accepted into the programme and training will commence late January 2020.

***Tell us about yourself*** (Information remains confidential)

Name:

Address:

Email:

Phone MB:

Phone Home:

Occupation:

In a typical work day, how many hours would you spend sitting (including transport)?:

Age:

Date of Birth:

Emergency Contact (name and number):

Do you smoke?

Are you pregnant / planning to be?

Which event do you plan to complete?

- 8KM walk
- 8KM run

Have you ever participated in the Northpower Wild Kiwi before? If so, when and which category?

Describe a typical week of activity/exercise currently:

What size Northpower Wild Kiwi tee would you order:

**Of the following, please choose the top three areas where you would like to see significant changes in your own health:**

- Cardio Fitness
- Weight/Size
- Strength and/or Mobility
- Work-Life Balance
- Nutrition Habits
- Sleep Habits
- Stress Levels
- Chronic Health Issue
- Smoking
- Alcohol intake

**Medical Conditions:**

Have you ever, or do you currently suffer from any of the following:

- Sports injury
- Joint or bone problems
- Back problems
- Heart problems
- High/low blood pressure
- Stroke
- High cholesterol
- Diabetes
- Family member under 55 with any of the above
- Asthma
- Epilepsy
- Arthritis
- Pregnancy in the last 6 months
- Hernia
- Dizziness or fainting
- Surgery in the last 12 months
- Any other condition that may affect your ability to train  
Please list \_\_\_\_\_
- Are you on any medication that may affect your ability to train?  
Please list \_\_\_\_\_

**WHAT IS YOUR OVERRIDING HEALTH AND WELLNESS GOAL FOR YOURSELF  
IN THE NEXT 12 MONTHS?**

ie. What change do you want to see in yourself by January 2021?

*Please return application by Saturday 30<sup>th</sup> November and send completed form  
and / or any questions to [markf@totalsport.co.nz](mailto:markf@totalsport.co.nz)*