

Ministry of
Health Promotion

Sport and Recreation Branch

393 University Avenue, 18th Floor
Toronto ON M7A 2S1
Tel.: 416 314-7440
Fax: 416 314-7458
TTY: 416 212-5723
TTY Toll Free: 1 866 263-1410
www.mhp.gov.on.ca

Ministère de la
Promotion de la santé

Direction des sports et des loisirs

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Télec. : 416 314-7458
ATS : 416 212-5723
ATS sans frais : 1 866 263-1410
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August 14, 2008

Dear Athlete:

The Ministry of Health Promotion recognizes that athletes need a strong support system to provide them with the assistance they need to reach their full potential. The Quest for Gold Program was established to provide athletes with enhanced training and competitive opportunities. A total of 30% of the Program's annual budget is allocated to coaching, training and competitive opportunities for athletes. The remaining 70% is allocated to the Ontario Athlete Assistance Program (OAAP).

To perform at their peak and get the most out of training, athletes must have access to high quality training facilities where they can partake in training under the supervision of their coach. They must also have access to current sport science and sport medicine to keep them performing at their best.

The Ministry of Health Promotion is pleased to announce that through our partnership with the University of Toronto we are able to offer the following enhanced training opportunities free of charge for current Quest for Gold Athletes:

1. Facility Access – Membership to the Faculty of Physical Education and Health.

This includes access to both the Athletic Centre and Varsity Centre for ongoing and monitored individual training. Facilities include an indoor 200m track, outdoor 400m track, strength and conditioning centre, a heavy lifting area (currently under construction), 50m pool, indoor arena and more.

This means that athletes who are 16 years of age and older can sign up for a membership to use these facilities free of charge. In addition, your coach and support personnel (ParaSport Athletes) will be given access to the facility to assist you with your training.

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If you would like to participate in this component of the program, simply take this letter and a piece of photo ID to the main office at:

Faculty of Physical Education and Health
University of Toronto
55 Harbord St
Toronto, Ontario
M5S 2W6
Tel: 416-978-3436

Please note: this opportunity is only open to athletes 16 and older. Athletes aged 16-18 are required to have their parent sign the informed consent form required to obtain a membership.

2. Sport Medicine Services at the David L. MacIntosh Sport Medicine Clinic

- A. Priority access to UofT Sport Medicine Clinic for physicians services covered by OHIP or private insurance plans
- B. Clinical Therapy Services – Those services not covered by OHIP (e.g. physiotherapy, massage therapy and athletic therapy) will be available for use by Quest for Gold athletes.

This means that athletes who are injured or require Sport Medicine services can access services at the David L. MacIntosh Sport Medicine Clinic free of charge.

If you wish to access the sport medicine services, please contact the clinic at the information included below. When calling please identify yourself as a Quest for Gold Ontario Card athlete to ensure you are on the access list for this service.

David L. MacIntosh Sport Medicine Clinic
University of Toronto
55 Harbord St
Toronto, Ontario
M5S 2W6
Tel: 416-978-4678
www.macintoshclinic.ca

Participation in both the Facility and Sport Medicine Clinic access are valid until your sport nominates athletes for the 2008-2009 Carding year. Sports in cycle 1 of the 2007-2008 program will have access up to December 31, 2008 and Cycle 2 sports up to March 1, 2009. Full lists of sport funding cycles are included as an attachment to this letter.

At this point, we only have a relationship with the University of Toronto, Faculty of Physical Education and Health. Therefore, this opportunity is only open to those athletes who are in the vicinity or willing to travel to the University of Toronto, St. George Campus (downtown).

If you have questions about this program please do not hesitate to contact the University of Toronto at the information listed above or, if you would like more information about the Ministry of Health Promotion's investment in this initiative, please contact Jennifer Bennett, Sport and Recreation Consultant at 416-314-5906 or jennifer.bennett@ontario.ca

Sincerely,



Anita Comella

2007-2008 Quest for Gold Sports and Cycles

Participation in both the Facility and Sport Medicine Clinic access are valid until your sport nominates athletes for the 2008-2009 Carding year. For Sports in cycle 1 of the 2007-2008 program will be valid up to October 13, 2008 and Cycle 2 Sports up to January 19th, 2009.

Cycle 1

Ontario Amputee and Les Autres Association
Ontario Track and Field Association
Ontario Basketball Association
Biathlon Ontario
Boxing Ontario
Canoe Ontario
Cross Country Ontario
Ontario Cycling Association

Canadian Amateur Diving Association - Ontario
Field Hockey Ontario
Ontario Modern Pentathlon Association
Skate Ontario
Ontario Speed Skating Association
Swim Ontario
Ontario Association of Triathletes
Ontario Wheelchair Sports Association
Ontario Amateur Wrestling Association

Cycle 2

Alpine Ontario
Ontario Disabled Alpine Racing Team
Ontario Association of Archers
Ontario Badminton Association
Ontario Blind Sports Association
Ontario Bobsleigh Association
Ontario Cerebral Palsy Sports Association
Ontario Curling Federation
Ontario Curling Federation
Ontario Fencing Association
Ontario Freestyle Skiing
Ontario Gymnastics Federation
Golf Association of Ontario
Ontario Women's Hockey Association
Judo Ontario
Ontario Lacrosse Association
Ontario Ringette Association

Ontario Rowing Association
Ontario Rugby Union
Ontario Sailing Association
Ontario Council of Shooters
Ontario Association of Snowboarders
Ontario Soccer Association
Softball Ontario
Squash Ontario
Ontario Synchronized Swimming Association
Ontario Table Tennis Association
Ontario Tae Kwon Do Association
Ontario Tennis Association
Ontario Volleyball Association
Ontario Water Polo Association
Ontario Water Ski Association
Ontario Weightlifting Association