

Dear Team BC Athlete...

We need your help!

BC Athlete Voice is working with Team BC to share the voice and experiences of athletes as we count down to the Canada Summer Games in PEI!!!

We are looking for prospective Team BC Athletes to contribute to the Team BC Athlete Blog and share your experiences in the lead up to the Games.

*We would like you to be involved and write a blog post on **one** of the following topics...*

- *What you are doing to train and prepare for the Games*
- *The part of the Games that you are most looking forward to*
- *Your goals for the Games and why you want to achieve them*
- *How you were selected for Team BC and what it feels like to be part of Team BC*
- *A day in your life – what you do in an ordinary day in the lead up to the Games*

A couple of pointers about writing your blog post...

- *It needs to be short and sharp - at least 200 words, but no more than 400 words.*
- *This doesn't need to be fancy – this is your story, your perspective, so write from the heart!*
- *Email your blog to info@bcathletevoice.ca or just click reply to this email to send it!*
- *Make sure you **attach a photo** that we can include next to your blog post*
- *You can have a look at what athletes have blogged about so far at...*

<http://www.bcathletevoice.ca/Content/Athlete-Advocacy/Team-BC-Blog.asp>

Your blog post will be posted with those of other Team BC Athletes and this will be a great resource for people that want to understand what it's like for a Team BC Athlete.

As a small token of our thanks BC Athlete Voice will also send you a great Icebreaker Performance Shirt.

There is no problem if you are too busy to do this – but it would be great to have you involved

If you have any questions, please feel free to contact me at jhitchcock@bcathletevoice.ca or on 778-928-8844.

Any questions, please let me know. Thanks!!!!

Joe Hitchcock

Executive Director

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