



2017-18 OCA TRACK SPRINT PROGRAMS

OVERVIEW

The OCA Track Sprint program involves two streams [adjustments to the programs may be made based on the applications]:

High Performance

The High Performance program is designed for athletes who have committed to making track sprint events the focus on their training. Athletes will be required to commit to on and off track training including a commitment to strength and conditioning. Athletes will be coached by the Provincial Track Sprint Coach and former Team Canada Member, Joseph Veloce, and receive quarterly training programs, ongoing monitoring, and coaching at select events [athletes may still choose to be involved with their club/coach]. Athletes will also receive individualized strength and conditioning from a dedicated strength coach twice a week out of the Canadian Sport Institute Ontario training facility at the velodrome [athletes living farther from the velodrome will be prescribed a workout to complete from home for one of the sessions].

Development

The Development program is designed for athletes interested in developing their track sprint abilities, while also learning skills and tactics for match sprint, team sprint, keirin, and kilo. Athletes are encouraged to continue participating in endurance-based events. Typically, this program will focus on athletes aged 13 – 16 and athletes who are newer to track cycling. Training will be on-track only, taking place every 2-3 weeks from October – April. This stream will be lead by former USA National Team Sprinter Keyln Akuna.

ATHLETE SELECTION

High Performance: Athletes aged 16 – 20¹ will be selected into the program based upon results at the 2017 Ontario Provincial Championships and Canadian Championships (sprint events). Athletes should demonstrate the ability to achieve a time within four (4) percent of the Cycling Canada Junior Track Standard [flying 200/500 TT, kilo]. Athletes achieving significant sprint results during the 2016-17 O-Cup season may be considered for inclusion into the program. All selections will be at the discretion of the Program Coaches and OCA High Performance Manager.

¹ Age is a guideline and athlete selection to camps will be at the discretion of the committee

Development: Athletes aged 13 – 16 who have demonstrated track racing skills through participation and results at Youth/O-Cups, provincial, and national championships (when applicable) will be invited into the program. All selections will be at the discretion of the Program Coaches and OCA High Performance Manager.

PROGRAMS

High Performance

Strength and Conditioning [times/dates will adjust based on trainer/athlete availability]

Tuesdays: Evening – typically 5:00-7:00pm or 6:00pm – 8:00pm²

Saturdays: Morning- typically 8:00-10:00am or 9:00-11:00am

Athlete Testing

Athletes will be tested regularly using anthropometric tests [e.g. body composition], power testing, and on-bike timing. This is to evaluate athlete progress and to adjust training as required.

Off-Track Training

Athletes will be prescribed training by the Provincial Track Sprint Coach to complete at home (rollers, road work). Athletes must commit to completing all training and reporting as requested.

Integrated Support Team Access

Athletes will have access to a high performance Integrated Support Team (IST) to assist with all elements of their training and performance. This includes sport science experts, nutritionists, sport therapy*, etc.

*additional costs may apply for extended services

On-Track Training [Oct. – Apr.] – **subject to change**

October 28: 3:30- 5:30pm

November 4: 2:00 - 4:00pm

December 16: 2:00 – 4:00pm

December 27: Time TBA

December 28: Time TBA [integrated into Excellence Camp]

December 30: Time TBA [integrated into Excellence Camp]

January 20: 4:00 – 6:00pm

January 27: TBA

February 4: TBA

February 25: 2:00 - 4:00pm

² Athletes unable to attend on Tuesday evenings will be prescribed a program and monitored by trainer

March 12 – 16: Camp will be hosted by OCA for athletes selected part of Teams of Ontario for Nationals

March 24: TBA

April 7: 2:00 – 5:00pm

Development

On-Track Training [Oct. – Apr.]

October 28: 4:00-6:00pm

November 4: 2:00 - 4:00pm

December 16: 2:00 – 4:00pm

January 20 – 4:00 – 6:00pm

February 25: 2:00 - 4:00pm

March 24: TBA

PROGRAM FEES

High Performance: \$950/athlete [includes coaching, monitoring, personalized strength and conditioning, Team Ontario skinsuit.

Development: \$180/athlete

APPLICATION

All interested athletes must submit an email to michael.suraci@ontariocycling.org clearly answering the following questions [answers can be provided directly within the email body]. **All applications must be received by September 15, 2017.**

Athlete Name:

Date of Birth:

Which program are you applying for:

Please provide key performance results [track] over the past 12 months, including relevant times:

Goals for the upcoming season:

Coach Name and Email: