



Ontario Cycling Association

Canada Cup Exposure Project Guide 2018

**Baie St. Paul, Mont Ste Anne, Mt Tremblant
May 17–27, 2018**

Overview

Date: April 17-24, 2018

Location: Baie-Saint-Paul and Mont-Ste-Anne, Quebec

Date: April 24-27, 2018

Location: Mont Tremblant, Quebec

The Ontario Cycling Association will be conducting the 13th annual Canada Cup Exposure Project in Quebec from Thursday May 17th to Sunday May 27th, 2018. This project will take athletes to Canada Cup #2 at Baie-Saint-Paul, allow for recon ride of Mont-Ste-Anne and then travel to Mont Tremblant to participate in Canada Cup #3. This project will support the athletes as they compete at these high level events. The focus of the project is on athletes in the Learn to Compete and Train to Compete stages of LTAD (ages 16 – 22).

Goals:

- To qualify U19 athletes for the Team Canada World Championships
- To have a podium performance in each race category
- To improve technical riding skills
- To increase comfort and control on descent features with video feedback
- To assist athletes in preparation for National Championships

Project Staff and Contacts

Rob Holmgren, Provincial MTB Coach

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TBA, Assistant Coach

Murray Solem, Mechanic

OCA Office

416-855-1717

Athlete Participation:

Selection Criteria

- Athletes must be aged 16 – 22 in 2018
- Athletes must have a valid 2018 Ontario Issued UCI license

Athletes will be selected in the following priority order until all the spots for the project are filled. There will be a maximum [subject to logistical availability] of 10 athletes across the U17, Junior, and U23 categories. The selections will be based on the following priority:

- 1) OHPSI Identified Athletes
- 2) QFG MTB Athletes

- 3) Winners of OCup#1, OCup#2 or next highest placing athlete not identified in items 1 and 2
 - Prioritizing list [if required]
 - a) U19 athletes
 - b) U17 athletes
 - c) U23 athletes
- 4) Committee Selection based on the following:
 - a) Placing at OCup#1/#2
 - b) Placing at 2017 National Championships
 - c) Potential for podium performance at Canada Cup#1/#2

Final Selection Date: Sunday May 5, 2018

Selection Size: Maximum of 10 athletes

Athlete Expectation

- Athletes must wear Team Ontario Jersey during pre-rides and races while on the project
- Athletes must represent Ontario and themselves in a professional manner at all times
- Athletes must register themselves for their own races

Chargeback

TBD – We are still waiting on confirmation of funding and may be able to issue a refund for part of the cost of the camp

- Expected between \$600 – 650+HST
- Includes:
 - Accommodation
 - Coach Support
 - Mechanical Support
 - Transportation

Race Registration/Info

- Athletes must register themselves for races
- Athletes must register as Team Ontario, if you have another sponsor, please enter “Team Ontario/Norco”

Accommodations

May 17 – 24

Athletes/coaches will be staying in two houses located near Baie-Saint-Paul

May 24 – 27

Athletes/coaches will be staying in one house in the Mont Tremblant area

Tentative Schedule

Thursday May 17, 2018

6:30am Depart Vaughan Mills Mall

Afternoon Arrival at Lodging in Petite-Riviere-Saint-Francois

Afternoon Groceries
Evening Pre-Ride/Course Preview

Friday May 18, 2018

Daytime Pre-Ride/Course Preview
Session on technical sections
Race strategy

Saturday May 19, 2018

Daytime Short Pre-Ride/Activation
Stretch and Roll
Mental and pre-race prep

Sunday May 20, 2018

10:30am Cadet Women Race
12:30pm Cadet Men Race
2:30pm Junior Men/Women Race
4:00pm Elite/U23 Men/Women Race

Monday May 21, 2018

Daytime Recovery Ride
Groceries

Tuesday May 22, 2018

Daytime Training at Mont-Ste-Anne

Wednesday May 23, 2018

Daytime Training at Mont-Ste-Anne

Thursday May 24, 2018

Morning Clean and pack up
Afternoon Training at Mont-Ste-Anne
Travel to Mont Tremblant

Friday May 25, 2018

Daytime Race Prep at Mont Tremblant

Saturday May 26, 2018

10:30am Cadet Women Race
12:30pm Cadet Men Race
2:30pm Junior Men/Women Race
4:00pm Elite/U23 Men/Women Race

Sunday May 27, 2018

Morning Clean and pack up
Depart Mont Tremblant
Evening Arrive at Vaughan Mills Mall

Health and Safety

In the event an athlete is injured or falls seriously ill and is required to be transported back to Toronto, transportation will be made from Montreal International Airport [Pierre-Elliott Trudeau] at the cost of the athlete.

Any perceived head injury will require the application of OCA Concussion Policy.

<http://www.ontariocycling.org/forms/oca-concussion-policy/>

Any return to training/competition will require doctor's clearance *and* family clearance [if under 18].

Anti-Doping Training

All athletes are required to have completed the **CCES True Sport Online Anti-Doping Course** within the past two years. Athletes must provide evidence of completion to chantal.thompson@ontariocycling.org

If you have taken the CCES online course previously:

- Use this link to Login: <http://education.cces.ca>
- Use the login information you previously created
 - Contact the CCES if you have forgotten your login information. Do not use the enrollment key below to create a new account
- Send course completion award to chantal.thompson@ontariocycling.org

If you are taking the CCES online course for the first time:

- Please follow this link: <http://education.cces.ca/#/signup>
- Enrollment Key: **CycOnt**
- Password: **FR3PKLxF**
 1. Your email address will become your username
 2. Create a password you will remember
 3. Log in with your new username and password
 4. Go to "My Courses"
 5. You must complete the "Profile" module before you can start the course
 6. Return to "My Courses" to begin the course
- Send course completion award to chantal.thompson@ontariocycling.org