

OCA - MTB Cycling
High Performance Program
2019-2020



OVERVIEW

BACKGROUND

Ontario has produced a number of successful MTB athletes and is looking to build on this success by formalizing an provincial High Performance MTB Program. The program is intended to provide opportunities for talent identification and enhanced training opportunities. The program will provide identified MTB athletes, who are committed to pursuing international success, with additional training opportunities, increased technical assessment, access to individual sport science services, and opportunities for high level competition exposure. Talent identification and opportunities for developing MTB athletes will be offered through training camps and competition exposure projects.

PROGRAM OBJECTIVES

- Provide additional support for Ontario's high performing MTB athletes through supplementary training opportunities, IST support, and technical assessment
- Develop a core training group of high performance athletes to foster positive competition amongst Ontario's top athletes
- Prepare athletes for selection to World Championships and transitioning into trade teams and other national team initiatives
- Maximize Ontario's contribution to Canada's international success in MTB
- Implement a system for on-going talent identification for upcoming and talent transfer athletes

OCA HIGH PERFORMANCE MTB PROGRAMS

High Performance Program

The MTB High Performance program will involve two (2) categories of athlete; ***Associate*** and ***Training Group***. This format will ensure a dedicated and committed cohort of athletes while allowing flexibility for athletes who are involved with trade team and national team programming to access services and projects.

Associate Athletes

Focused primarily, but not exclusively, on U23 athletes who are part of UCI trade teams (or in the process of bridging to a trade team) and have dedicated coaching services in place but may require additional sport science/sport medicine services to compliment their training plans. These athletes have an open invitation to participate in OCA MTB Projects/Camps but are not required to attend all identified training initiatives of the High Performance Program – Training Group. Higher level exposure opportunities [i.e. World Cups] may be offered to this category of athlete [subject to funding].

Nutrition Support

- Service between Dec-April
- Initial Intake, evaluation, and follow-up [2 –sessions]
- 7-day diet analysis
- 3 follow-up consults

Strength and Conditioning [may be adjusted to accommodate athlete training and location]

- MTB specific strength program developed, monitored, and updated by a Canadian Sport Institute Ontario strength coach [involves min. of 4 in-person evaluations]
- Weekly training will be administered by MTB Provincial Coach through on-going consultation with strength coach

Technical/Training Camp

- Automatic selection to Technical/Training Camps within the “Training Group” Program
- Opportunity to participate in physiological testing opportunities

Other

- Opportunity to access sport medicine/therapy services (e.g.)
- Opportunity for bike fit (MTB/Road)

Cost: TBA based on athlete availability and access to service [fees can be customized to athlete needs]

Training Group Athlete

Focused primarily, but not exclusively, on U17 and U19 athletes demonstrating the potential to qualify for World Championships within 1-2 years. Athletes will commit to an established schedule of enhanced training and sport science services. Athletes must be working with an OCA approved coach [NCCP certified, Screened]. The program will include the opportunity to work with the designated Ontario MTB Coach, Rob Holmgren, should the athlete not have a personal coach in place.

Program Includes

Annual Training Plan Assistance and Monitoring Support

- Athletes/coaches have access to support in developing annual training plans to meet specific goals
- Athletes/coaches will have the ability to have training monitored (using Training Peaks) by an NCCP Performance Development level coach or equivalent and receive input/opinion on progress
- Physiological Testing to evaluate progress [min. of 2]

Strength and Conditioning

- MTB specific strength program developed, monitored, and updated by a Canadian Sport Institute Ontario strength coach [involves min. of 4 in-person evaluations]
- Weekly training will be administered by MTB Provincial Coach or personal coach through on-going consultation with strength coach
- Athletes provided with baseline testing and technical instruction to perform specific movements and exercises

Nutrition Support

- Service between Dec-April
- Initial Intake, evaluation, and follow-up [2 –sessions]
- 7-day diet analysis + 3 Follow-up consultations

Technical Skills Sessions

- MTB technical skill camps/workshop using outdoor and indoor facilities [min. 3]
- Instruction provided by variety of coaches with related expertise; video analysis conducted with athletes having access to video following sessions with feedback

Training Camps [program fees include chargeback for the following, excludes travel costs]

February: Endurance Camp, Girona, Spain [2 weeks]

March: On-trail camp [location TBA]

May/June/July: on-trail camp [location and date TBA]

High-level Racing Opportunities [program fees include Bear Mountain chargeback]

- Bear Mountain Canada Cup [dates TBD]: Victoria, BC
- Bonelli-Fontana [TBC]: California

Team Ontario Kit for training sessions [cycling and gym]

- 1 Team Ontario jersey and Bib Short

Cost: Estimated cost for the entire program will be \$3,500 [may be adjusted to accommodate individual athlete access to services]

Rising Stars Skills Camps and Canada Games Talent Identification Camps

Focused on U15, U17, U19 athletes interested in pursuing MTB at a competitive level. In addition to developing specific MTB technical skills, as identified by Cycling Canada and Ontario Cycling coaches, to be successful at higher competition levels, these camps will serve as talent identification for Canada Games Selection. Athletes interested in attending these camps should be regularly participating in O-Cup racing and/or weekly series racing.

Cost: Varies by camp

GENERAL SELECTION PROCESS

Selection Process

Associate Athletes

Athletes will be selected based on the strength of their application in addition to follow-up interview.

Consideration for selection:

- Athlete commitment to the sport and progression towards international success
- Athlete performance results at national and international competition
- Athlete training environment [coaching, training group, access to competition]

High Performance Training Group Athletes

Athletes will be selected to be involved in OCA High Performance MTB Training Group Program based upon the recommendation of the MTB Selection Committee. The committee will take into consideration:

- Athletes scores from the OCA MTB Assessment Tool
 - *It is understood that not all athletes will have had the opportunity to be evaluated under each assessment item and therefore the scores will be used as part of the selection process with greater weighting on 2019 performances*
 - *This is the inaugural application of the tool with additional athlete metrics included/adjusted as the assessment tool evolves. The tool will take into account non-results elements such as technical skills, physiological measures, psychological skills, and athletes behaviour and attitude*
- Past performances at O-Cup, Canada Cup, and other high level competitions
- Demonstrated commitment to the sport and continued progression

Timeframe/Key Dates

Athletes will be selected into the program in October/November with start dates planned for November/December.

Assessment Camp#1

Date: June 22, 2018

Location: Hardwood Ski and Bike

COMPLETED [those unable to attend are still eligible for program consideration]

Physiological Testing Day (application required):

Date: October 26, 2019

Location: Mattamy National Cycling Centre [Milton Velodrome] – in-conjunction with the OCA Track Assessment Day

Anticipated Tests: Peak Power, 4min MMP, countermovement jump, squat 1RM [only for those experienced in lifts], and possibly a 20min MMP. Tests will be confirmed following applications.

Application: Due to limitations on the number of tests that will be conducted, only athletes shortlisted from the application process will be invited to this event.

APPLICATION

Interested athletes are required to complete the online application no later than **October 10, 2019**. Shortlisted athletes must ensure they are available for testing on October 26th (details above).

Application: <https://forms.gle/5kbbySWepg3s8qFL9>

ATHELTE SELECTION AND MONITORING TOOL

The following tool will be used in evaluating athletes for selection into the High Performance Training Group program. It is understood that not all athletes will have had the opportunity to complete all elements found within the assessment. As a result 2019 performance results will be weighted more heavily with information from the assessment used to provide additional support for athlete selection.

Instruction	Weighting	COMPETITION	Rating			
			1	2	3	4
Rate Best Performance	5	U23 World Championships	Qualify	Top 40	Top 30	Top 25
	4.5	JR World Championships	Qualify	Top 30	Top 20	Top 10
	2.5	Junior National Championships	Top 30%	Top 20%	Podium	Nat. Champ
	2	U17 National Championship	Top 30%	Top 20%	Podium	Nat. Champ
	1.5	Canada Cup Top Performance	Top 30%	Top 20%	Podium	Champ.
	1	Provincial Championships	Top 20%	Top 10%	Poidum	Pro. Champ.

Instruction	Weighting	PERFORMANCE TIMES [Times will be specific to course]		Rating				
				Not Meeting Requirements (1)	Partially Meets Requirements (2)	Meets Requirements (3)	Exceeds Requirements (4)	
Average Applicable Factors	2	Men	U17	200m start				
			U19	200m start				
			U23	200m start				
		Women	U17	200m start				
			U19	200m start				
			U23	200m start				
		Men	U17	1 lap				
			U19	1 lap				
			U23	1 lap				
		Women	U17	1 lap				
			U19	1 lap				
			U23	1 lap				

Instruction	Weighting	Physiological	Rating			
			Outside of Top 50%	Top 50%	Top 20%	Top 10%

		Peak Power [W/Kg]				
		4min MMP [W/Kg]				
		20min MMP [W/Kg]				
		Squat 1 RM (only conducted if experienced in lift)				
		Counter Movement Jump [W/Kg]				
			Rating			
Instruction	Weighting	TECHNICAL	Low proficiency of skill (1)	Some ability to perform the skill (2)	Good proficiency & ability to perform the skill (3)	Excellent proficiency & ability to perform the skill (4)
		Cornering				
		Bike Control				
		Descending				
		Obstacles[log overs, rock garden]				

			Rating			
Instruction	Weighting	PSYCHOLOGICAL	Rarely or Not Observed (1)	Observed Inconsistently (2)	Observed Consistently (3)	Exceeds Expectations (4)
Avg. of 5 Factors	1	Growth Mindset				
		Coachability				
		Commitment				
		Mental Skills				
		Communication				

			Rating			
Instruction	Weighting	BEHAVIOURAL	Rarely or Not Observed (1)	Observed Inconsistently (2)	Observed Consistently (3)	Exceeds Expectations (4)
Avg. of 4 Factors	1	Preparedness				
		Nutrition/Hydration				
		Respect and Sportsmanship				
		Team Work				