

OCA - Track Cycling
2019-20 High Performance Program

Version 1.0 – Sept 13, 2019



BACKGROUND

The Ontario Cycling Association is excited to announce its High Performance Track Program for the 2019-2020 Season. Building upon past success, the OCA will be expanding track programming to provide additional training opportunities for the province's top track athletes. The OCA will continue to develop its Teams of Ontario training programs, while giving more opportunities for individual development and skill acquisition to build well rounded athletes in all events. Skills sessions and IST workshops will be integrated into the camp-based format. The OCA will also incorporate special programming across disciplines in order to encourage athletes from other cycling sports to develop track cycling skills.

OVERALL OBJECTIVES

- Prepare athletes for high level competitions including the National Championships
- Maximize Ontario representation on National Teams
- Maximize Ontario's contribution to Canada's international success in Track Cycling;
- Improve technical skills of Ontario's Track athletes
- Grow the sport of track cycling in Ontario

ATHLETE EXPECTATIONS

- Athletes will be expected to adhere to the OCA Code of Conduct at all times
- Athletes will be expected to sign an Athlete Agreement outlining the expectations and responsibilities of Athletes, Coaches, and the OCA
- Invited athletes will be expected to race for Teams of Ontario (if applicable) at the National Championships. If an athlete declines their position, the athlete will be responsible for returning all equipment, skinsuits, etc. and repaying all subsidized fees from all OCA programs. Exceptions will be made on a case-by-case basis at the discretion of the OCA Track Coach in conjunction with the High Performance Committee
- Athletes will be expected to attend Cycling Canada training camps*, and attend the World Championships (if selected). If an athlete declines their position to represent Team Canada, the athlete will be responsible for repaying all subsidized fees from all OCA programs.**
- As part of the selection process, all invited athletes will be required to attend an in-person meeting to discuss training goals, and program objectives

*Exceptions will be made through discussion with the athlete's personal coach and the OCA Track Coach and High Performance Manager

** Exceptions will be made on a case-by-case basis at the discretion of the OCA Track Coach and High Performance Manager in conjunction with the High Performance Committee.

OVERVIEW

HIGH PERFORMANCE TRAINING GROUP

Focusing on individual development and skill acquisition in a high performance setting, this group will meet weekly for track sessions and strength and conditioning sessions led by a CSIO strength coach. As a holistic program, athletes will also have access to additional services throughout the season (regular individual meetings with mental performance consultant, dietician, physio/massage/chiro). These athletes will also be invited to take part in OCA's warm weather camp in February (Location TBD). Track time will be shared with NCIM in order to encourage positive competition amongst athletes, while still providing individualized attention.

In addition to the regular weekly training sessions, the OCA will host 'Camp' weekends, which will be led by special guest coaches (ex. former national team members, national team coaches, international coaches).

TIER 1 – INDIVIDUALIZED TRAINING WITH CLUB COACHES

At the request of individual clubs, the OCA will provide identified athletes track time with their personal/club coaches. This will allow additional individualized training for athletes/coaches to work on specific areas that may be addressed in a group setting. Athletes will need to be selected into the OCA programming, and once selected, will be allocated track time with their personal/club coach during camp weekends. These sessions will be shared track time with the High Performance Training Group camps.

Selected athletes from Tier 1 may be invited to participate in the HP Camps at the discretion of their personal and OCA coaches.

TALENT TRANSFER

As a new initiative, the OCA Track Program will include a pathway for athletes from other cycling sports to be introduced to track cycling through an accelerated format. The purpose is not only to identify athletes with potential for success on the track but also increase the pool of athletes participating in track cycling. Targeted athletes will be between 14-18 years of age in 2020 (eligible for U17/U19 Track Nationals]. Athletes selected to the program will be provided the opportunity to attend an accelerated Learn-to-Ride weekend at the velodrome. Following this weekend, athletes will start to be integrated into training camps throughout the winter.

TEAMS OF ONTARIO – Nationals Preparation Camp

Following the Provincial Championships, athletes will be selected to participate in OCA's March Break Camp. Training will focus on preparation, team and individual, for the National Championships.

SPRINT WORKSHOP

In an effort to improve the technical skills of all Ontario track cyclists, a Sprint Workshop will be run in December. While the skills will be taught in a sprint context, athletes will learn skills relevant to ALL disciplines of track racing. Emphasis will be put on achieving technical excellence.

GENERAL SELECTION PROCESS

APPLICATION

Athletes interested in participating in OCA programming for the upcoming season should complete the Google Form: <https://forms.gle/UzUhENZvksQvatbR6> by no later than **September 30, 2019**.

CRITERIA

Athletes will be selected to be involved in OCA Track Programs based on their score from the OCA Track Assessment Tool. This score will take into account past competition results, timed efforts, technical skills, psychological skills, and athletes behaviour and attitude.

ASSESSMENT DAY

An assessment day involving both physiological and on track assessments* will be held on October 26th, run in conjunction with Cycling Canada's Junior Advancement camp, in order to provide athletes an opportunity to achieve standards. As this assessment will also serve as a benchmark to measure improvement over the season, all athletes wishing to partake in OCA Track Programming will be required to attend. Athletes will be exempted from this requirement at the discretion of the OCA for extraordinary circumstances [please contact Joseph Veloce should you be unable to attend to discuss alternate arrangement joe.veloce@ontariocycling.org].

*Talent Transfer athletes will only be involved with the off track physiological testing [unless they are certified to ride the track].

PLEASE NOTE: The MTB Program assessment day is taking place in-conjunction with the track assessments and will be conducted using the same physiological tests. Those athletes applying to be part of the Track Talent Transfer and MTB Program will only need to complete one set of assessments for both programs.

TIMEFRAME

Following the Assessment Day on October 26, the initial pool of athletes will be announced.

PROCESS

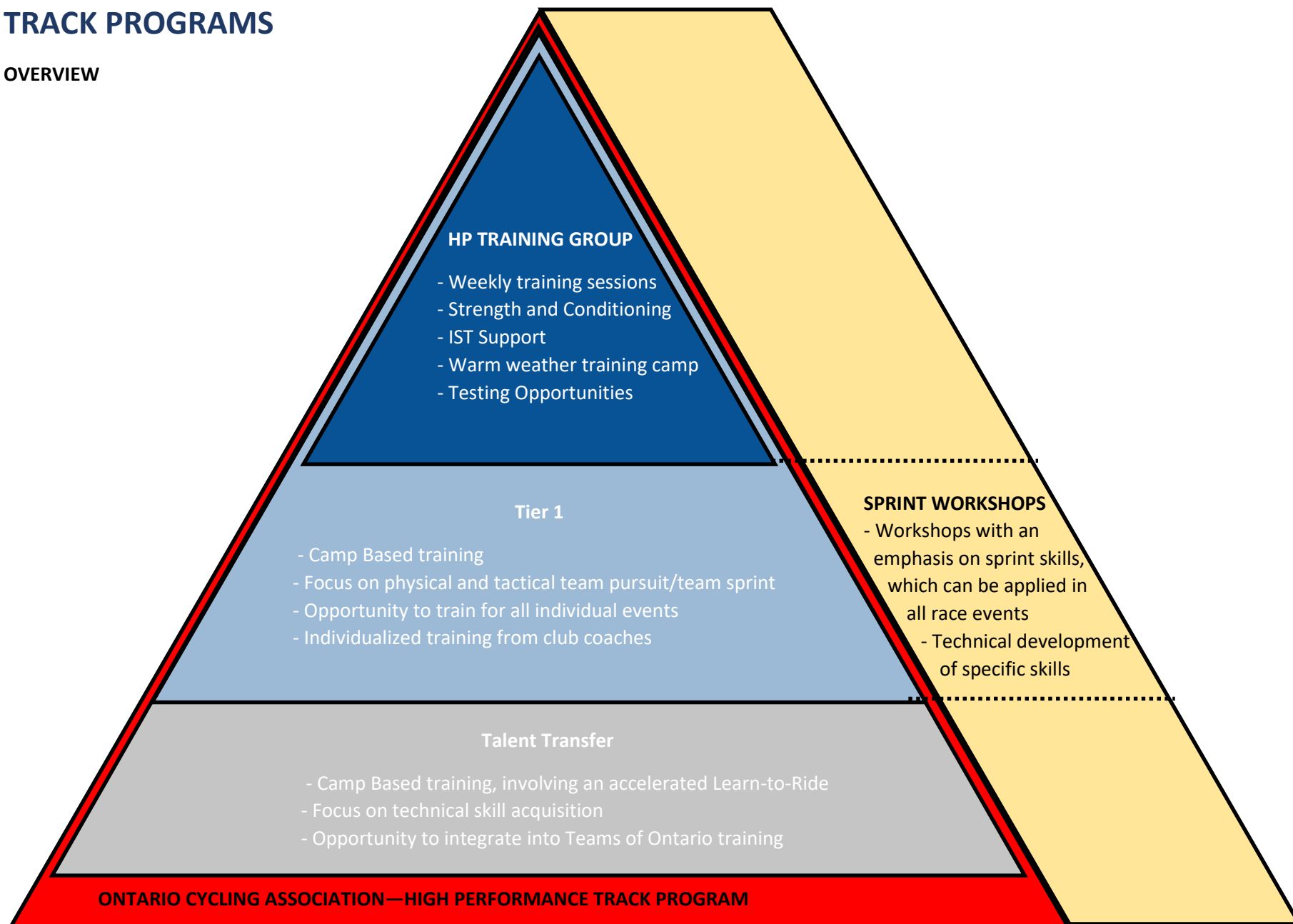
Initial applications into the OCA Track Programs will be accepted to October 10, 2019. A Selection Panel consisting of OCA's High Performance Manager, Provincial Coach, and other invited coaches will review the applications and assessments and make recommendations for selection to the program.

TRANSITION

Based on coach feedback, racing results, and assessments, athletes may be transitioned to different programming within OCA's High Performance Track Program.

TRACK PROGRAMS

OVERVIEW



HIGH PERFORMANCE TRAINING GROUP

Objective

- Provide additional support for Ontario's top track athletes through supplementary training opportunities, IST support, and warm weather training camp
- Develop a core training group of high performance athletes to foster positive competition amongst Ontario's top track athletes.
- Prepare athletes for selection to Junior World Track Championships and success at U19 Canadian Track Championships
- Assist high performing first and second year U23 athletes with the transition into the Elite Category

Targeted Athletes

- U19 Athletes with potential to qualify for Canada's Junior Track World Championship team
- U17 Athletes with potential to qualify for Canada's Junior Track World Championship team in 1-2 years
- U23 athletes with potential to be selected for Cycling Canada's NextGen programs in 1-2 years.

Program Overview

- Weekly training sessions
 - Specific programming for Sprint athletes and Endurance athletes. Track Sessions are shared time with NCIM programming
- Access to NCIM Sunday HP Sessions
- Strength and Conditioning - CSIO
 - Twice weekly gym sessions for Sprint athletes
 - Once weekly gym sessions for Endurance athletes (Subject to athlete quotas)
- IST Support
 - Individualized Dietician support
 - Individualized Mental Performance support
 - Access to physio/massage/chiro (as approved)
- Warm Weather Training Camp
 - Location and Dates TBD
- Ontario Kit for training sessions (gym kit, cycling kit if required)
- Coaching and mechanical support at National Championships

HP Training Group Pool Selection

Athletes will be selected to the Pool based on the following criteria

1. Athletes representing Canada at Junior World Championships in 2019
2. Athletes meeting time standards (Level 3) listed in OCA Track Assessment Tool in 2019
3. Athletes' ranking on OCA Track Assessment Tool
4. Guest/Club Coach recommendation to the Selection Committee based on results, technical skills, and performance metrics.

HP Training Group Selection

Final selection to the program will be made from among Pool athletes, taking into account the performance objectives, athletes' ranking on OCA's Track Athlete Assessment, and athletes' performances. Selection may also take into account extraordinary circumstances (such as injury, health issues, etc) when making final selections.

Tentative Schedule (Dates TBC)

Weekly (November 7 – March 26):

Wednesday 5:00-7:00 – S&C Session (CSIO, Milton)

Thursday 6:30-8:30 - Track Session, Milton

Saturday 10:00-12:00 - S&C Session (CSIO, Milton) (Sprinters Only)

Warm-Weather Road Camp (Spain)

February (Exact dates TBD)

Tier 1 – Individualized Training with Club Coaches

Objective

- Provide opportunities for Ontario’s strongest track athletes to train together
- Provide access for club coaches to work directly with athletes to allow for individualized coaching
- Refine/Perfect the skills required for podium success in all track competition
- Prepare athletes for success at Canadian Track Championships
- Prepare athletes to transition into Cycling Canada’s NextGen program

Targeted Athletes

- U19/U17 Riders with potential to contribute to Ontario’s success at the Junior National Track Championships
- U19/U17 Riders with potential to transition into Cycling Canada’s NextGen program

Overview

- Camp based format, with an emphasis on individual development for all events
- Integrated skill development sessions
- Aligned with Milton Velodrome race calendar to foster racing skills
- Testing Opportunities: off-bike and on-bike testing to monitor athletes and identify gaps as required

Teams of Ontario Pool Selection

Athletes will be selected to the Pool based on the following criteria

1. Athletes representing Canada at Junior World Championships in 2019
2. Athletes partially meeting time standards (Level 2) listed in OCA Track Assessment Tool during the 2020 season
3. Athletes’ ranking on OCA Track Assessment Tool

Tier 1 Team Selection

Final selection to Tier 1 will be made from among Pool athletes, based on the recommendations of the selection committee, taking into account the performance objectives, athletes’ ranking on OCA’s Track Athlete Assessment, and athletes’ performances.

Tentative Schedule

Camp 1: Nov 15-17

Camp 2: Jan 17-19

Camp 3: Feb 29-Mar 1

TALENT TRANSFER

Objective

- Provide opportunities for athletes from other cycling sports to learn to ride the track
- Provide opportunities for winter cross-training
- Increase the pool of U17/U19 [2nd year U15s considered] athletes participating in track cycling
- Create a pathway for talent transfer for higher performing athletes

Targeted Athletes

- U17/U19 [2nd year U15s considered] Athletes from other cycling sports
- Athletes with potential to graduate into Ontario's High Performance Track Program

Overview

- Three training camps with emphasis on technical/tactical development for all events

Talent Transfer Pool Selection

Athletes will be selected to the Pool based on the following criteria

1. Performances at Youth Cup/Ontario Cup Races (MTB, BMX, Road)
2. Recommendation from Coaches

Talent Transfer Team Selection

Final selection to Talent Transfer program will be made from among Pool athletes, based upon account the alignment with program objectives, athlete assessment results, performances/results within their primary cycling sport, and recommendation from athlete personal coaches to commit to the program.

Tentative Schedule

Camp 1: Nov 15-17

Camp 2: Jan 17-19

Camp 3: Feb 29-Mar 1

General Training Camp Format:

Friday

PM: Track Session

Saturday

AM: Track Session (technical)

PM: Workshop (Nutrition, Mental Performance, Physiology, etc)

PM: Race Night (Camp 2 & 3 Only)

Sunday

AM: Race Review

AM: Track Session

Sprint Workshop

Background

In an effort to improve the technical skills of all Ontario track cyclists, Sprint Workshops will be hosted by the OCA. While the skills will be taught in a sprint context, athletes will learn skills relevant to ALL disciplines of track racing. Emphasis will be put on achieving technical excellence.

Objective

- Provide opportunities for technical development of track skills that can be applied to all types of track races (time trial approach, standing start, rushing/passing, race tactics)
- Provide video feedback when available

Targeted Athletes

- U17/U19 Athletes who are interested in improving their technical skills on the track

Overview

- Four track sessions, which will teach and refine skills relating to all track races. Boardroom sessions will include tutorials on sprint and keirin tactics.

Skills Workshop Selection

The Sprint Workshop will be open to a broad range of athletes interested in learning and refining sprint skills. The workshops may be divided into different groups based on previous experience and abilities.

Additional information regarding the workshop application will be provided shortly. Athlete inclusion/selection will be based on the following:

- 1) Athletes currently selected into HP Training Group/Tier 1/Talen Transfer programming
- 2) Athletes who have competed at the 2019 U17/U19 Canadian Track Nationals
- 3) Athletes who are actively competing at the Youth Series/O-Cup Track Series
- 4) Other athletes may be considered at the recommendation of the club/personal coach

TESTING/ASSESSMENT OPPORTUNITIES

Overview

During the Assessment Day in October, athletes will have the opportunity to select an Endurance stream, or a Sprint stream. Morning testing will consist of power testing and jump tests. Athletes will then have a chance to meet performance times specific to their discipline on the track in the afternoon session. This year's Assessment Day will be held in conjunction with Cycling Canada's Junior Advancement Camp.

Daily Schedule (Tentative)

AM – Power Testing/Jump Tests

ALL Athletes

- 1) 6s PP test – Cycling Canada Protocol
- 2) 4min MMP Test – Cycling Canada Protocol
- 3) Countermovement Jumps (CSIO)

PM – Performance Times on Track

Endurance

- 1) 2km/3km Individual Pursuit

Sprinters

- 1) Flying 200m
- 2) Standing 250m

Registration

Registration will be open to Elite (upon approval by OCA), U19, and U17 athletes who are certified on the track with a valid UCI race licence.

Results

Athletes and coaches will be provided with their results following the testing opportunity.

2019-2020

OCA Track Program - Overview

September '19						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October '19						
Su	M	Tu	W	Th	F	Sa
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November '19						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December '19						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January '20						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February '20						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

March '20						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

April '20						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

May '20						
Su	M	Tu	W	Th	F	Sa
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Assessment	
HP Sessions	
Nationals Prep Camp	
Warm Weather Camp	

Teams of Ontario Camp	
Sprint Tactics Workshop	

Youth Cup	
O-Cup	
Prov. Champs	

DATES SUBJECT TO CHANGE

PROGRAM COSTS

Program costs will be supported through OHPSI. Athletes will be responsible for quarterly chargebacks according to the breakdown below. Note, the below does not include fees for the HP Warm Weather Training Camps and the Teams of Ontario Camp in March.

Testing Day - (\$50/athlete)

- Lab/Gym tests
- Bike testing on track
- Analysis of Results

HP Training Group

Q4 (Oct 1 – Dec 31) - \$750/athlete

- S&C Sessions
- Athlete Monitoring by CSIO/OCA
- 6 Track Sessions
- 1 Weekend Camp
- 1 Skill Workshop
- Sessions w/ Dietician
- Sessions w/ Mental Performance Consultant
- Access to Physio/Massage/Chiro (as approved)
- Ontario Skinsuit
- Warm-weather Camp [additional fees will apply]

Q1 (Jan 1-March 31) - \$750/athlete

- S&C Sessions
- Athlete Monitoring by CSIO/OCA
- 5 Track Sessions
- 2 Weekend Camps
- 1 Teams of Ontario Pre-Nationals Camp
- Sessions w/ Dietician
- Sessions w/ Mental Performance Consultant
- Access to Physio/Massage/Chiro (as approved)

Sprint Workshop - (\$150/athlete)

- On-track sessions
- Video analysis
- Guest coaches
- Boardroom sessions