

OCA – Para-Cycling
2019-2020 Program

Version 1.2 – Sep. 2019



BACKGROUND

Ontario is relatively young in terms of offering para-cycling development and high performance programming. In recent years, more formalized Team Ontario projects, camps and programming have taken place. Also, during this time, the OCA contracted the research and development of a Para-cycling Strategic Plan to guide the continued implementation of para-cycling initiatives.

At this time, the OCA intends to launch a new program, with several streams to help to help support a variety of aspiring athletes. The program will maintain a focus on providing identified athletes, who are committed to pursuing international success, with additional training opportunities, increased technical assessment, and opportunities for high level competition support. However, the OCA will continue to offer opportunities for developing para-cycling athletes to participate in training camps and Team Ontario projects.

PROGRAM OBJECTIVES

- Provide additional support for Ontario's high performing para-cycling athletes through supplementary training opportunities, sport science support, and technical assessment.
- Develop a core training group(s) of athletes to foster positive competition amongst Ontario's athletes.
- Increase the overall number of para-cyclists in Ontario from grassroots to national team
- Prepare athletes for selection to NextGen and other Cycling Canada projects through achievement of established time standards.
- Maximize Ontario's contribution to Canada's international success in para-cycling

OCA PARA-CYCLING PROGRAMS

Team Ontario – Associate High Performance Athlete

Focused on athletes that are currently involved with Cycling Canada programs (under the guidance of a National Team Coach). These athletes are fully committed to achieving international success through dedicated training and competition programming. However, they will join Team Ontario for specific training and competition projects as required.

Athletes will receive:

- One (1) Team Ontario Jersey
- Coaching & mechanical support at Defi-Sportif and National Championships
- Automatic selection and subsidy to attend Winter Training Camp (camp/travel costs are responsibility of the athletes)

Selection Process: Interested athletes must complete the online application found at <https://ccnbikes.com/#!/events/7903-para-cycling-team-ontario-training-program-application>

Requirements: Must sign an athlete agreement which includes the requirement to represent Ontario at Defi-Sportif and Canadian National Championships, & participate on a Team Ontario camp/event as a mentor to developing athletes.

Cost: None

Team Ontario – Training Program Athlete

Focused on athletes tracking towards Cycling Canada programs with goals of achieving international success. Athletes must commit to a dedicated training plan under a certified coach (appointed or approved by the OCA) and attend all scheduled training sessions and projects.

Athletes will receive:

Training Plan and Monitoring*

- Annual Training Plan review around athlete specific goals
- Monthly check-in and workout plan review (emailed)
- Baseline Testing to track progress [min. of 3]

Technical Skills, Sport Science Workshops and Training Camps [min. 3 camps]**

- Para-cycling technical skill camps/workshop using outdoor and indoor facilities
- Instruction provided by variety of coaches with related expertise; video analysis conducted with athletes having access to video following sessions with feedback
- Off-bike workshops relating to topics such as nutrition, hydration, injury prevention, etc.
- Competition preparation camp [i.e. Defi-Sportif]
- Opportunity for nutrition and sport psychology consultation(s)

Personal Nutrition Consultations

- Initial intake meeting with follow-up appointment
- 7-day diet analysis
- 3 additional follow-up consultation

Mental Performance Workshops and Consultations

- Planned group sessions
- 4 individual consultations

Winter Warm Weather Camp

- Automatic selection to OCA Winter Training Camp [7-days]
- Camp Fee waived which includes accommodations [athletes are responsible for travel]

Competition Support**

- Coaching and mechanical support at Defi-Sportif and Canadian National Championships
- Course recon and race planning
- Other competitions may be added to program

*Consultation on programming and monitoring provided by a OCA approved and NCCP trained coach (not intended to replace personal coach but rather to work with the coach in providing another opinion)

**Unless otherwise indicated, athletes are responsible for arranging their own travel/accommodations and race registration

Team Ontario Kit

- 1 Team Ontario Jersey
- 1 Team Ontario Bib Short/pan
- 1 Team Ontario t-shirt

Equipment Access [Loan]

Athletes in the program will be eligible to access training equipment at no cost

Available Equipment Includes: Smart Trainers, Garmins, Power Taps, Compu-Trainers

Selection Process: Interested athletes must complete an online application at <https://ccnbikes.com/#!/events/7903-para-cycling-team-ontario-training-program-application>

Selection Criteria: Athletes must have met the National Development Standard* and demonstrated a commitment to the sport with aspirations for national and international success. Athlete acceptance into the program will be determined based on the application provided and athlete interview if required.

Requirement: Must sign an athlete agreement, which includes the requirement to represent Ontario at Defi-Sportif and Canadian National Championships.

*This requirement may be waived if the athlete as demonstrated they are within 3% of the standard and/or the athlete can provide a power profile highlighting their potential.

Cost: TBC – estimated cost \$1,500 [program runs from Nov. 2019 – Aug. 2020]

Rising Stars Skills Camps

Open skills and introduction camps for new and developing para-cycling athletes. Camps will be focused on introducing basic skills, light riding, and information on training and preparing for racing.

Selection Process/Criteria: Specific to each camp

Requirements: Must be a member [UCI/Citizen Permit] of the OCA. Additional requirements may be needed for specific camps and will be indicated in the project guide.

Cost: Specific to each camp