



OCA Bear Mountain Camp and Canada Cup Expression of Interest

OVERVIEW

Goal: Provide targeted athletes with an early season on-trail mountain bike specific camp with focus on technical skill refinement and competition exposure.

The Ontario Cycling Association will be hosting a mountain bike specific camp in Victoria, BC using a variety of trail systems including at the Bear Mountain and Heartland facilities. Athletes will be working on a number of technical skills using video feedback along with coach and peer analysis. The camp will conclude with participation in Canada Cup#1 where athletes will be required to develop their race plan and identify specific race goals.

CAMP DETAILS [tentative]

Location: Victoria, BC

Dates: March 21-31, 2019 [tentative]

Camp Size: 6-10 athletes; 2-3 coaches/staff

Coaching Staff: Rob Holmgren and Peter Glassford

Cost: \$400 + flight [estimate only]

Includes: Accommodation, internal transportation, coaching/support, off-bike training [gym/workshops]

ATHLETE PROFILE

- Aged 16 -22 (2019)*
- UCI Licensed by Ontario Cycling Association
- Strong performance/experience at national/international level competition
- Committed to representing Canada at internal events
- Demonstrated commitment to Team Ontario programming
- Positive teammate, good sportsmanship, respectful of coaches and support staff

*exceptions may be considered

SELECTION CRITERIA [in-conjunction with athlete profile characteristics]

The project will involve between 6-10 athletes depending on logistics and funding support. Athletes will be selected to this project based on the following criteria:

- 1) Athletes selected to 2018 MTB World Championships
- 2) Athletes selected to represent Canada at a 2018 MTB World Cup event
- 3) Athletes placing in the top 5 at 2018 U19/U23 Canadian MTB Championships*
- 4) Athletes placing top 5 at 2018 U17 Canadian MTB Championships*
- 5) Athletes with a podium finish in a 2018 Canada Cup*
- 6) Committee selection based on athlete results, potential for national/international success, and commitment to the sport

*Tiebreaking will be done using this following process:

- a) Gender balance
- b) Higher placing at national championships
- c) Previous commitment and participation with Team Ontario
- d) Committee decision

EXPRESSION OF INTEREST

Interested athletes are asked to complete the following link no later than **January 10, 2019**.

Application: <https://ccnbikes.com/#!/events/5703-2019-bear-mountain-camp-and-canada-cup>