



OCA February Endurance Camp Expression of Interest

OVERVIEW

The Ontario Cycling Association will be hosting its annual February Endurance Camp to assist high performance athletes with building early-season base miles leading into the 2019 season. The location is tentatively planned for Girona, Spain from February 10 – 24. The primary focus will be on athletes who have demonstrated a potential for selection to international competition [e.g. U19/U23 World Championships] and commitment to pursue cycling to a national team level. At this time, we are asking athletes interested in this project to please complete the Expression of Interest link below to assist us in planning the details of the camp.

CAMP DETAILS [tentative]

Location: Girona, Spain

Dates: February 10 -24, 2019 [tentative]

Camp Size: 8-10 athletes; 2-3 coaches/staff

Coaching Staff: Rob Holmgren (lead), other staff TBA

Cost: \$650 + flight [estimate only]

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

ATHLETE PROFILE

- Aged 17 -22 (2019)*
- UCI Licensed by Ontario Cycling Association
- Strong performance/experience at international level competition
- Strong results at 2018 Canadian Championships**
 - Top 10 Road [TT/RR]
 - Top 5 MTB [XCO]
 - Top 5 Track [Endurance events]
- Demonstrated commitment to Team Ontario programming
- Positive teammate, good sportsmanship, respectful of coaches and support staff

*exceptions may be considered

**example results provided; additional consideration towards field size/strength, times, race performance

SELECTION CRITERIA [in-conjunction with athlete profile characteristics]

- 2018 OHPSI identified athletes
- 2018 U19/U23 Athletes with Top 5 placing at National Championship [MTB/Road]; Top 3 in Track Endurance events [IP, Points]
- 2018 U17 Athletes with Top 5 placing at National Championship [MTB/Road]; Top 3 in Track Endurance events [IP, Points]
- 2018 U19/U23 Athletes with Top 10 placing at National Championship [MTB/Road]; Top 5 in Track Endurance events [IP, Points]
- 2018 U17/U19/U23 eligible athletes based on coach/committee decision with consideration towards performance/experience at national/international level competition

EXPRESSION OF INTEREST

Interested athletes are asked to complete the following link no later than October 31, 2018.

Application: <https://ccnbikes.com/#!/events/5215-february-endurance-camp>