



Bonelli/Fontana USPRO XCT

April 3 – April 14, 2018

Los Angeles, CA. USA





Introduction/Project

The Ontario Cycling Association will be sending a small team of XC mountain bike racers to the Bonelli and Fontana PRO XCT events that are taking place on April 7th and April 14th. It will be an option to add one or both of these races to the Bear Mountain Canada Cup trip that we are running the weekend before.

The project will be led by TBD

The focus of the project is athletes in the Learn to Compete and Train to Compete stages of LTAD. (Ages 17-24) in 2018. There will be up to six spots available for athletes on this trip.

Requirements

- Athletes must be aged 17-24 in 2018
- Athletes must have a valid UCI licence

Overview

- The rationale for this project is as follows; To best prepare Ontario athletes to be ready to compete at the second selection event for the World Mountain Bike Championships in 2018, this is the BSP Canada Cup #2. The goal of this trip to Bonelli and Fontana is to give our athletes an opportunity to race at a high level before the selection event in May.
- Another goal of this project is to teach the athletes to travel and race with efficiency. During this project the athletes will be traveling a long distance and have limited time to prepare onsite and at the hotel. They will need to practice efficient packing, riding, training, and course familiarization techniques that will ensure optimal performance in a setting that is unfamiliar and potentially challenging. Again this is done with the goal of replicating what it will be like to compete at Worlds or another high caliber race.

- The final goal of the project is to allow athletes to gain UCI points. This will help give them a better start position at National Championships and at World Championships.

Schedule [subject to change]

Wednesday April 4th

- Depart Victoria or Toronto and Arrive at LAX

Thursday, April 5th

- Get groceries
- Pre-ride course.

Friday, April 6th

- Pre-ride course

Saturday April 7th

- Race Day!!! Fontana

Sunday April 8th

- Short Track event.

Monday April 9th

- Rest and Recovery or Fly Home

Tuesday April 10th

- MTB ride at Lake Arrowhead

Wednesday April 11th

- Course Pre-ride

Thursday April 12th

- Course Pre-ride

Friday April 13th

- Rest and mental prep

Saturday April 14th

- Race Day Bonelli #2

Sunday April 15th

- Race Short Track

Monday April 16th

- Fly home early morning

Accommodations

HomeAway Property #TBD

Staff – Emergency Contact

Sean Kelly – Head Coach – 647 521 7976

Athlete Requirements

- Athletes must represent Ontario and themselves in a professional manner at all times
- Athletes are required to wear Team Ontario Kit during competition
- Athletes must have completed CCES Online Anti-doping Program within the last 2 years

Out of Country Insurance:

It is 100% mandatory that athletes have their membership and race licenses for the 2017 season. It is also mandatory that athletes have out of country health insurance for the duration of the camp. We will be collecting every athlete's out of country insurance contact information and emergency contact information upon registration for the camp.

Travel out of Country:

Each athlete under the age of 19 is required to bring a copy of a letter of consent, for travel out of country. I have attached the form within the email that you received this tech package in. Please fill out the document and email or fax it to the office.

Email: kim.drolet@ontariocycling.org or Fax: 1-855-488-0812

Chargeback

We are still working on reducing the cost to the athletes for this trip, but the current projected chargeback will be based on the number of races that we compete at and the amount of funding that we are able to access.

Application

Please apply using the following link [note it is the same link as Bear Mountain but will allow you to specify which projects you are applying for]. Application deadline January 15, 2018.

<https://ccnbikes.com/#!/events/oca-high-performance-bear-mtn-uscups-application>

We will be using the following criteria to select athletes:

- Athletes that are named to the OHPSI list for the 2017/2018 season
- Athletes that had a top individual performance at 2017 MTB National Championships

- Athletes who are had top individual performance at the 2017 Ontario Provincial MTB Championships

Selection Criteria

1st Priority: OHPSI identified athletes

2nd Priority: U17/U19/U23 National Champions

3rd Priority: U19/U23 Athletes Selected to World Championships

4th Priority: U19/U23 National Championships Top 5

Tie breaking will be based on the following:

- Placing order
- Gender balance
- Committee selection

5th Priority: U17 National Championships Top 5

Tie breaking will be based on the following:

- Placing order
- Gender balance
- Committee selection

Health and Safety

In the event an athlete is injured or fall seriously ill and is required to be transported back to Ontario, transportation will be make from Los Angeles International Airport at the cost of the athlete.

Any head injury will require the OCA Concussion Policy

<http://www.ontariocycling.org/forms/oca-concussion-policy/> to be followed and any return to training/competition will require doctor's clearance and family clearance [if under 18].