



Ontario Athletes

Planning Domination in 2010

The Ontario Cycling Association is pleased to announce that they are the recipients of a Ministry of Health Promotions Sport Priority Funding Grant. The grant is centered on excellence.

This grant, submitted by Manager High Performance Brendan Arnold and BMX/DH Program Coordinator Nicky Pearson, will help fund multi discipline training projects in early 2010 and focus on providing additional opportunities for athletes to be well prepared to achieve personal best performances. The early start to the season will enhance the development of Ontario's athletes that compete at the National and International level.

These projects will require that team member's work together to accomplish their goals. Emphasis will be on utilizing the CCA LTAD model in the Train to Compete phase.

This will be achieved by:

- Increasing aerobic base, muscular endurance and anaerobic threshold
- Improving pedal stroke, high rpm spinning, cornering and sprinting
- Introduce psychological training aspects such as positive imagery, goal setting, self motivation and self analysis
- Improving nutrition, adequate fueling and refueling
- Improving personal leadership – deal with adversity both on and off the bike
- Advancing technical riding skills

The Road and Cross Country project participants will come together in South Carolina in March 2010

The BMX project will run in Florida from March 20-27, 2010

The Downhill project will run in Nevada in February 2010

All of the selected athletes will be coming together in January 2010 to attend fitness testing sessions, nutritional analysis and visualization scenarios.

“Success Does Not Rest”

OCA Spring Training Camps

Funding provided by the OCA and Ministry of Health Promotions

Camp 1: 7 DH Athletes, Boulder, NV – February 15-22, 2010

Camp 2: 10 BMX Athletes, Orlando, FL – March 20-27, 2010

Camp 3: 35 XC/Road Athletes, SC – March 11-21, 2010

COACH CRITERIA

The attitudes and skill levels of sport leaders, mentors and coaches have a great influence on the sport experience of athletes. It is imperative to the OCA that coaches at all levels (Community, Introduction to Competition, Introduction to Development and High Performance) have the competencies to instruct/coach athletes through fair and ethical means. The coach selection process for these projects will be transparent, and the coaches selected for these positions will be selected based not just on education, but also on attitude, commitment, dedication and the ability to ride with the athletes, at a competitive level.

Head Coaching staff will be a minimum NCCP Level 2; Assistant Coaches certified Level 1 and apprentice coaches must be Level 1 certified (or in the process of) under the new NCCP.

Head Coaches

Additional staff required

DH – Chris Cousineau

1 team manager/mechanic

1 apprentice coach

BMX – Brendan Arnold

1 team manager/mechanic

2 apprentice coaches

XC/Road – Denise Kelly

3 NCCP level 2 (or in process) coaches

1 team manager/mechanic

1 assistant coach

2 apprentice coaches

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Project lead staff criteria, priority as follows:

1. Minimum NCCP Level 2 for **head coach**
2. Previous experience in multi athlete training

All Staff Requirements:

1. First aid certificate AT LEAST ONE PERSON ON PROJECT HAS FIRST AID
2. Police records check including a vulnerable sector check (valid up to and including the camp date)
3. Letter of reference if applying as apprentice coach, manager or mechanic

Additional Team Manager/Mechanic Requirements:

1. OCA managers' licence
2. Age 18 and over

Additional Apprentice Coach requirements:

1. Minimum NCCP Level 1 certified (or in process of)
2. OCA licence
3. Age 18 and over

If you are interested in a position at these camps, please send an application letter stating your qualifications, experience, knowledge and education highlights to:

MTB/Road racing@ontariocycling.org by December 10th 2010

BMX or DH bmx@ontariocycling.org by December 5th 2010

The qualified candidates will be contacted by their respective Head Coaches.

Remuneration will be offered to qualified persons based on Ministry Funding Guidelines.