



2010 Ontario Summer Games August 10-13, 2010 - Sudbury

Mountain Bike and BMX will once again dominate the sporting scene in Sudbury in 2010. Will you be there?

The City of Greater Sudbury has been chosen as the host of the 2010 Ontario Summer

Games by the Sport Alliance of Ontario.

The Mountain Bike events will take place at Naughton Trails in Sudbury, The Walden MTB Club will host this prestigious event and Event Manager Rob, St Marseille has some of the most technical and challenging course planned for Ontario's best U17 athletes. Practice will take place on Wednesday the 11th. Competition will commence on the 12th with Team Relay and Individual Time Trial.

The Ontario Summer Games (OSG) form an integral part of the OCA's strategy to develop younger riders. One of the primary targets of the High Performance program is to develop riders who are competitive at the Canada Summer Games (CSG). Ideally we want to see young athletes compete in the Ontario Summer Games as a prelude to the Canada Summer Games, as the athletes in the CSG are typically 16-23 years of age.

The following regions will be a priority for the 2010 games

Regions to Be Represented

48 Riders from 12 Regions (Regions outlined below)

4 Riders per Team (Min: 1 Female)

1.	Barrie/Orillia	7.	Sudbury/North Bay/Timmins
2.	Bruce/Collingwood	8.	Ottawa/Kingston/Peterborough
3.	Hamilton/Niagara/St. Catherines	9.	Toronto East (Durham, Uxbridge)
4.	Kitchener/Waterloo	10.	Toronto West (Mississauga/Milton)
5.	London/Woodstock	11.	Thunder Bay
6.	Toronto/North York	12.	Windsor/Sarnia

*Please note that if there is not a team from one region another region may take that place.

BMX

The Ontario Summer Games is a fun filled, action packed event that holds official opening ceremonies, great organization and a wonderful festival like atmosphere.

It is an honour for a rider to qualify for such a prestigious event. The OSG is a stepping stone to Canada Summer Games, high performance programs and potentially Provincial and National team selection.

A gold medal at OSG is as *valuable, important and prestigious* as an Ontario Provincial Championship title.

The OSG BMX Race program will include:

- Individual Time Trials. This will allow us to seed riders for the Team Relay competition
- Team Relay – 5 male, 1 female from each team
- Gold, Silver and Bronze medals will be awarded in the races and the Relay (not the individual time trials)
- Teams will be determined by rider qualification

BMX is scheduled to race on Thursday August 12th. Accommodation is provided for the athletes and chaperones/officials on Wednesday August 11th by the Summer Games program. Transportation is potentially being arranged with pick ups in Kingston, GTA and Hwy 9/400. For updates, check **www.ontariocycling.org**

10 adult chaperones/officials will be needed to make this event rock! A volunteer criminal record check is required for all OCA volunteers for this event. If you are interested in helping out at this great event, please contact Nicky at bmx@ontariocycling.org

Top 4 riders at Provincial Championships in:

- 12 boys; 13 boys; 14 boys; 15 boys; 16 boys; 12-16 Female classes

Top 4 riders at O-Cup 1 and 2 in:

- 12 boys; 13 boys; 14 boys; 15 boys; 16 boys; 12-16 Female classes

Intermediate and expert riders only = riders must hold a 2010 UCI license.

Rider Eligibility

To be eligible MTB must be ranked as an expert and BMX athletes must be ranked as intermediate/expert in 2010:

MTB

Male – 13-16 (as of Dec. 31, 2010)

Female - 13-16 (as of Dec. 31, 2010)

The top Cadet (15-16 age group for Male and Female) in the Individual MTB race will receive automatic Provincial carding for the 2010/2011 season

BMX

Male – 12-16 (as of Dec. 31, 2010)

Female - 12-16 (as of Dec. 31, 2010)

Coach Development at OSG

The opportunity for coaches to gain experience at OSG is very crucial in our coaching development model, coaches will also get to experience a multi-sport games and will deal with High Performance athletes at a “Train to Train” phase of their careers.

Coaches for the OSG in 2010 must be minimum Level 1/Introduction Comp A certified to attend the games.

Please look for updates on our website www.ontariocycling.org

Applications will begin in March 2010. The training begins NOW