



TEAM ONTARIO

Nationals U19 2015

Thetford Mines June 30 – July 6





The focus of the project is athletes in the Learn to Compete stages of LTAD (Ages 16-18) in 2015.

Camp Size

Maximum of 12 Athletes

Application

Application Deadline: May 16, 2015 (using posted EOA)

Selection Date: June 10, 2015

Criteria

- See Junior Road Nationals Selection Document posted on www.ontariocycling.org

Requirements

- Athletes must be aged 17-18 (U19) in 2015
- Athletes must have a valid UCI licence

Schedule

Tuesday June 30

Sean and Alex to Drive U19 athletes to Nationals (Early AM) Pick Up Locations Announced Shortly.

Wednesday July 1

Course Recon ITT/RR

Thursday July 1

Course Recon ITT

Team Meeting (athletes and staff) 6-7pm

Friday July 2

Thetford Mines ITT: <http://ridewithgps.com/routes/6970529>

Canadian Championship – ITT – 14 km Junior W/F 9h00 – 12h30
Canadian Championship – ITT – 28 km Junior M/H 15h00 – 17h00

Friday July 3

Rest and Course Recon RR

Saturday July 4

Canadian Championship

Road race –

Junior W/F 9h05 - 12h00

18.2 km x 4 = 72.8 km

Junior M/H 13h00 - 17h00

18.2 km x 7 = 127.4 km

Sunday July 5

Crit - U19 M/F

Junior M/H 14h15 - 15h15

30 tours / laps

Junior W/F 15h30 - 16h30

22 tours/ laps

Monday July 6

Depart for Toronto

Accommodations

TBD

Cost

\$500 (subject to change) includes accommodation, coach support, mechanical support, jersey and one team dinner and transportation. You will need to enter as Team Ontario and you will need money for food. We do have a barbeque and there is a fridge.

Project Objectives and Goal

Objectives:

- To place two riders in the top 10 in the ITT and one Ontario rider on the podium in the RR
- To provide an opportunity for riders to work as a team in a high level event
- To implement a defined race plan and tactics

Staff – Emergency Contact

Sean Kelly – 647-521-7976

Rob Good – 519-897-1447

Alex Sanna - 519 -241-9438

OCA Office 416-855-1717

Athlete Requirements

Athletes must wear Team Ontario Jersey during pre rides and races during project.
Athletes must represent Ontario and themselves in a professional manner at all times.

If you want a skinsuit, you will have to option to purchase one when completing you online registration for this project.

Forms

Athletes must complete the following online through the CCN registration.

- 1) Athlete Code of Conduct
- 2) Medical info for the trip. In case of emergency
- 3) Parental Consent Form (if under 18)

CRITICALLY IMPORTANT ITEMS TO BRING

- 1) Ontario jersey
- 2) UCI License and Upgrade letter if applies
- 3) Spare equipment you may need
- 4) ATM Card Credit Card or Cash
- 5) Extended medical insurance – Good thing to have
- 6) Emergency contact #'s in your wallet .
- 7) Have you updated your WHERE-ABOUTS?
- 8) U19 Gears
- 9) Spare Wheels if you have and tubes with Junior Gear
- 10) Spare rear derailleur hanger

IMPORTANT THINGS TO BRING

- 1) Bike and TT Gear
- 2) Equipment - See checklist
- 3) Enough clothes for 1 weekYou are not there for a month
- 4) Patience, Teamwork, Hardwork, Motivation and a willingness to achieve

NOT SO IMPORTANT THINGS TO BRING

- 1) Ski jacket
-

Nationals Checklist

Safety Gear

- Helmet (I have a few spare TT helmets if you need one let Sean know)
- Gloves
- Undershirt

Bike

- Spare Tubes
- Any small tools you might need for you bike
- Spare chain if you have
- Spare brake cable
- Make sure your bike comes in great condition and is clean

General

- Sunglasses
- Rain Jacket
- Sunscreen
- As much Team Ontario clothing for photos – newer the better – If you have
- Cell phone and Calling Card if you have one
- Laptop if needed.
- Insurance
- Medications/Inhalers etc
- UCI licence
- Swimwear
- Cooking equipment (there is none where we are staying, I will send out more emails so we can coordinate gear to bring)