

**OCA – Para-Cycling**  
***2021 Program***



Version 1.3 – Nov. 2020

## **BACKGROUND**

Ontario is relatively young in terms of offering para-cycling development and high performance programming. In recent years, more formalized Team Ontario projects, camps and programming have taken place. Also, during this time, the OCA contracted the research and development of a Para-cycling Strategic Plan to guide the continued implementation of para-cycling initiatives.

At this time, the OCA intends to launch a new program, with several streams to help support a variety of aspiring athletes. The program will maintain a focus on providing identified athletes, who are committed to pursuing international success, with additional training opportunities, increased technical assessment, and opportunities for high level competition support. However, the OCA will continue to offer opportunities for developing para-cycling athletes to participate in training camps and Team Ontario projects.

## **PROGRAM OBJECTIVES**

- Provide additional support for Ontario's high performing para-cycling athletes through supplementary training opportunities, sport science support, and technical assessment.
- Develop a core training group(s) of athletes to foster positive competition amongst Ontario's athletes.
- Increase the overall number of para-cyclists in Ontario from grassroots to national team
- Prepare athletes for selection to NextGen and other Cycling Canada projects through achievement of established time standards.
- Maximize Ontario's contribution to Canada's international success in para-cycling

## **OCA PARA-CYCLING PROGRAMS**

### ***Team Ontario – Associate High Performance Athlete***

Focused on athletes that are currently involved with Cycling Canada programs (under the guidance of a National National Team Coach). These athletes are fully committed to achieving international success through dedicated training and competition programming. However, they will join Team Ontario for specific training and competition projects as required.

#### **Athletes will receive:**

- One (1) Team Ontario Jersey
- Coaching & mechanical support at Defi-Sportif and National Championships
- Automatic selection and subsidy to attend Winter Training Camp (camp/travel costs are responsibility of the athletes)

**Selection Process:** Interested athletes must complete the online application found at

**Requirements:** Must sign an athlete agreement which includes the requirement to represent Ontario at Defi-Sportif and Canadian National Championships, & participate on a Team Ontario camp/event as a mentor to developing athletes.

**Cost:** None

## **Team Ontario – High Performance Athlete**

Focused on athletes tracking towards Cycling Canada programs with goals of achieving international success. Athletes must commit to a dedicated training plan under a certified coach (appointed or approved by the OCA) and attend all scheduled training sessions and projects.

### **Training Plan and Monitoring\***

- Annual Training Plan review around athlete specific goals
- Monthly check-in and workout plan review (emailed)
- Baseline Testing to track progress

### **Technical Skills, Sport Science Workshops and Training Camps**

- Para-cycling technical skill camps/workshop using outdoor and indoor facilities
- Instruction provided by variety of coaches with related expertise; video analysis conducted with athletes having access to video following sessions with feedback
- Off-bike workshops relating to topics such as nutrition, hydration, injury prevention, etc.
- Competition preparation camp [i.e. Defi-Sportif, Nationals]

### **Mental Performance Workshops and Consultations**

- Planned group sessions
- Individual consultations may be available as needed

### **Nutrition Workshops and Consultations**

- Planned group sessions
- Individual consultations as required

### **Winter Warm Weather Camp\*\***

- Automatic selection to OCA Winter Training Camp [7-days]
- Camp fee waived, travel/accommodation subsidy

### **Competition Support**

- Full coaching and mechanical support at Defi-Sportif and Canadian National Championships
- Course recon and race planning
- Travel Subsidy (when available)
- Other competitions may be added to program

\*Consultation on programming and monitoring provided by a OCA approved and NCCP trained coach (not intended to replace personal coach but rather to work with the coach in providing another opinion)

\*\*Pending COVID-19 safety and travel limitations

### **Team Ontario Kit**

- 1 Team Ontario Jersey
- 1 Team Ontario Bib Short/pant
- 1 Team Ontario t-shirt

## **Equipment Access [Loan]**

Athletes in the program will be eligible to access training equipment at no cost

**Available Equipment Includes:** Smart Trainers, Garmins, Power Taps, Compu-Trainers

**Selection Process:** Interested athletes must complete an [online application](#) [Deadline December 13]

**Selection Criteria:** Athletes will be evaluated based upon the assessment tool (Appendix A) and athlete interviews (if required)

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## ***Team Ontario – Development Athlete***

Focused on athletes tracking towards OCA Training Group Program within 2-years with potential to progress towards national team programming. Athletes must commit to a dedicated training plan under a certified coach (appointed or approved by the OCA) and attend all scheduled training sessions and projects.

### **Training Plan and Monitoring\***

- Annual Training Plan review around athlete specific goals
- Monthly check-in and workout plan review (emailed)
- Baseline Testing to track progress

### **Technical Skills, Sport Science Workshops and Training Camps**

- Para-cycling technical skill camps/workshop using outdoor and indoor facilities
- Instruction provided by variety of coaches with related expertise; analysis conducted with feedback
- Off-bike workshops relating to topics such as nutrition, hydration, injury prevention, etc.
- Sport science workshops for nutrition and sport psychology

### **Competition Support**

- Course recon and race planning at Defi-Sportif and National Championships
- Light mechanical work/bike preparation
- Other competitions may be added to program

### **Team Ontario Kit**

- 1 Team Ontario Jersey
- 1 Team Ontario Bib Short/pant
- 1 Team Ontario t-shirt

\*Consultation on programming and monitoring provided by a OCA approved and NCCP trained coach (not intended to replace personal coach but rather to work with the coach in providing another opinion)

**Selection Process:** Interested athletes must complete an [online application](#) [Deadline December 13]

**Selection Process:** Athletes will be evaluated based upon the assessment tool (Appendix A) and athlete interviews (if required)

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***Rising Stars Skills Camps, "Active for Life"***

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Open skills and introduction camps for new and developing para-cycling athletes. Camps will be focused on introducing basic skills, light riding, and information on training and preparing for racing.

**Selection Process/Criteria:** Applications on a camp by camp basis

**Requirements:** Must be a member [UCI/Citizen Permit] of the OCA. Additional requirements may be needed for specific camps and will be indicated in the project guide.

**Cost:** Specific to each camp

## Appendix A

	Cycling Canada A Standard	Cycling Canada B Standard	Ontario HP Standard	OCA Development Standard	Below OCA Development Standard	Weight
<b>Achievement of Identified Standards</b>	4	3	2	1	0	3
	<b>World Cup / World Championship</b>	<b>International Competition [excl. Defi]</b>	<b>National Level Competiton [incl. Def]</b>	<b>Provincial/ O-Cup Racing</b>	<b>No race experience</b>	
<b>Race Experience</b>	4	3	2	1	0	1
	<b>Clear YTP w/ Dedicated Coaching</b>	<b>No YTP/ Training Goals/ Training Program &amp; Coach in place</b>	<b>Regular Training On-Going/ No Coach</b>	<b>Casual/Seasonal Training</b>	<b>No Current Training</b>	
<b>Structured Training</b>	4	3	2	1	0	2
	<b>15+ hr /Week</b>	<b>10+ hr/Week</b>	<b>6+ hr/week</b>	<b>4+ hr/Week</b>	<b>&lt;4 hr/Week</b>	
<b>Training Capacity</b>	4	3	2	1	0	1
	<b>Current/Former Team Canada Senior Athlete</b>	<b>Current/Former NextGen Athlete</b>	<b>Athlete Demonstrated High Level Sport Participation</b>	<b>Club Based Athlete in Structured Sport Program</b>	<b>Recreational Participant - No previous sport involvement</b>	
<b>Talent Transfer</b>	4	3	2	1	0	2
	<b>Equipment/ Physical + Mental Readiness</b>	<b>Demonstrated Interest/ Currently Active</b>	<b>Willingness to Learn/ Lifestyle Changes Required</b>			
<b>Athlete Readiness/Alignment</b>	3	2	1			1

## Appendix B

Individual Pursuit					Time Trial/Kilo			
Men	National A	National B	Provincial High Performance	Provincial Development	National A	National B	Provincial High Performance	Provincial Development
Tandem	04:21.80	04:27.0	04:32.6	4:46.2	01:02.5	01:03.8	1:07.0	1:10.3
C1	04:12.00	04:15.0	04:20.4	4:33.42	01:19.6	01:21.1	1:23.5	1:27.67
C2	03:54.30	03:57.3	04:04.1	4:16.3	01:16.6	01:17.7	1:20.9	1:24.94
C3	03:29.40	03:44.9	03:55.9	4:07.7	01:11.3	01:11.9	1:16.5	1:20.32
C4	04:47.8	04:52.6	05:04.9	05:20.1	01:09.0	01:09.4	1:11.9	1:15.49
C5	04:42.3	04:45.7	04:56.2	05:11.0	01:06.9	01:07.9	01:11.7	01:15.3
Individual Pursuit					Time Trial/Kilo			
WOMEN	National A	National B	Provincial High Performance	Provincial Development	National A	National B	Provincial High Performance	Provincial Development
Tandem	03:36.7	03:40.4	03:44.2	03:48.8	01:09.0	01:11.5	01:15.1	01:18.9
C1	04:49.2	04:49.2	05:18.1	05:34.0	47.2	48.3	49.3	51.76
C2	04:31.7	04:37.3	04:44.9	05:03.3	43.4	45.7	49.1	51.55
C3	04:24.5	04:27.5	04:31.5	04:36.9	44.2	44.7	47	49.35
C4	04:13.6	04:19.1	04:26.6	04:39.6	40.7	41.9	44.9	47.14
C5	03:57.5	04:01.1	04:06.4	04:08.7	38.1	39	42.8	44.94
Class	National A	National B	Provincial High Performance	Provincial Development	Min. Distance	Class	National A	National B
MB	48.99	47.52	44.09	39.68	20	WB	43.45	41.15
MC1	39.63	38.44	35.67	32.10	15	WC1	30	29.1
MC2	41.03	39.8	36.93	33.23	15	WC2	35.91	34.83
MC3	43.3	42	38.97	35.07	15	WC3	37.75	36.62
MC4	44.88	43.53	40.39	36.35	15	WC4	37.78	36.65
MC5	45.65	44.28	41.09	36.98	15	WC5	40.07	38.87
MT1	27.92	27.08	25.13	22.62	10	WT1	23.3	22.6
MT2	34.76	33.71	31.28	28.16	10	WT2	30.03	29.13
MH1	21.87	21.21	19.68	17.71	10	WH1	*	*
MH2	33.65	32.64	30.29	27.26	10	WH2	23.75	23.04
MH3	39.86	38.67	35.87	32.29	15	WH3	33.04	32.05
MH4	40.2	39	36.18	32.56	15	WH4	33.61	32.61
MH5	38.91	35.3	35.02	31.52	15	WH5	34.74	33.7