



**TEAM
ONTARIO**

**ONTARIO
TRACK ACADEMY**





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Ontario Track Academy

Background

Building off the success of the past two seasons, Ontario Cycling and the National Cycling Institute Milton will continue hosting a high performance track program for identified athletes in the 2022-23 season. The program has been re-designed and rebranded as the Ontario Track Academy, providing athletes an enhanced training environment involving quality coaching, on-track training, and sport science integration including prescribed in monitored strength and conditioning.

Project Objectives

- To assess and identify athletes with the potential of achieving a Cycling Canada junior time standard within 1-3 years
- To provide identified athletes with a best in class training environment to maximize athlete performances
- To transition athletes from provincial into national team programming

Program Overview

All programming will be led by experienced and certified coaches and sport science practitioners.

Weekly on-track training session [20+ sessions October – April]

- Endurance and sprint specific training
- Bunch race skills, tactics, and strategies
- Technical refinement [starts, aero position]
- Structured activation, cool down and recovery

Specific skills camps [~1/month]

Strength and Conditioning programming

- Structured program led by Canadian Sport Institute strength coach
- Weekly access to CSIO gym under supervision of strength coach

Sport Science Support

- Workshops/Information from professional nutritionists and mental performance consultants

Team Ontario Kit/Clothing

- Skinsuit
- Gym and casual wear

Program Schedule

Monday or Wednesday [5:00pm tbc] – Strength and Conditioning Session [CSIO Gym]. Athletes welcome to attend one (1) session weekly [must attend min. 1/month]

Tuesday [6:00pm – 8:00pm] – On-track training

Saturdays [various] – Specific skills camps hosted about 1/month. Schedule will be available shortly.



Application and Selection Process

1. Interested athletes must submit an online application [HERE](#) by **September 10, 2022**
2. Athlete meeting the athlete profile [see below] will be invited to attend a minimum of 2 assessment sessions [Sep 20, Sep 27, Oct 4]
3. Athletes will be selected based on the priority criteria below. Finals selections will be made no later than Oct. 7, 2022.

Athlete Profile and Selection Criteria

General Athlete Profile

- Athletes age 16-18 in 2023 [exceptions considered]
- Athletes with race experience at OCup level or higher
- Athletes with demonstrated track skill, knowledge, and tactics
- Athletes with demonstrated success in other endurance-based cycling sports [outside of track]
- Athletes with goal of representing Canada at Junior World Championships within 1-3 years

Selection Criteria [in priority order]

1. The program will place a priority on maintaining gender balance.
2. Athletes selected to 2022 Junior World Championship Selection Pool [automatic selection]
3. Athletes meeting the following time standards (106%) [in 2022 competition or during program assessment sessions]

Cadet Girls			
Flying 200m	Average	103%	106%
	13.134	13.528	13.922
500m	Average	103%	106%
	39.7	40.891	42.082
2000m IP	Average	103%	106%
	2:40.213	2:45.037	2:49.826

Cadet Boys			
Flying 200m	Average	103%	106%
	11.721	12.073	12.424
500m	Average	103%	106%
	35.566	36.633	37.7
2000m IP	Average	103%	106%
	2:23.622	2:27.93	2:32.239

Jr Girls			
Flying 200m	Average	103%	106%
	12.686	13.067	13.447
500m	Average	103%	106%
	38.745	39.908	41.07
2000m IP	Average	103%	106%
	2:32.109	2:36.672	2:41.236

Jr Boys			
Flying 200m	Average	103%	106%
	10.962	11.291	11.62
Kilo	Average	103%	106%
	1:05.993	1:07.973	1:09.953
3000m IP	Average	103%	106%
	3:24.724	3:30.866	3:37.007



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4. Athletes placing top 5 at U19 or top 3 in U17 in any bunch race event at 2022 Canadian Track Championships
5. Athletes based on recommendation of OC Provincial Coach/Technical Lead

Athletes can be added at any point during the season based on demonstrated performances and Provincial Coach invitation. Athletes are welcome to contact the OC Provincial Coach at any time to discuss their progress or interest in the academy.

Program Costs

Installment#1* - \$600 [Oct. – Dec] due Oct. 31, 2022

Installment#2 – \$500 [Jan – Apr.] due January 31, 2023

*Athletes starting in January will be charged the installment#1 fee [includes kit/clothing]. Athletes selected to join at any other point will have a prorated fee.

Fee include: All coaching, on-track training, identified camps, S+C programming and CSIO gym access, skinsuit and clothing, and sport science workshops.