



## Ontario Performance Program

## Background

The Ontario Performance Program - Track DTE, aims to enhance cycling performance as athletes navigate the transition from Junior through U23. In partnership with Cycling Canada, the Ontario Performance Program – Track DTE is based out of the Mattamy National Cycling Center in Milton, ON, and is open to identified athletes from all cycling sports.

## Program Objectives

- Provide identified athletes with world-class training, coaching, and integrated sport science services to maximize their performance potential.
- Transition athletes from Provincial into National team programming with the confidence and skills to succeed.
- Provide opportunities to participate in multiple cycling sports and collaborate training with HP athletes across all sports.
- Provide opportunities to facilitate training sessions and sport science elements to the athlete's current program (\*the performance program is not a replacement for training prescribed by personal coaches).

## Training

### Track Training

- Access to Track training sessions, regardless of cycling focus. These sessions will be led by World-Class coaches from Cycling Canada and Ontario Cycling with evidence-based training approaches to develop aerobic capacity, leg speed, and technical efficiencies.

### Group Rides [Road/Mountain Bike]

- Group rides will be organized 1-2x/week while the weather permits. Rides will be appropriately programmed by ability and types of training. All athletes will be encouraged to integrate both road riding and mountain bike.

### Program Coaches & Integrated Support Team

- **David Jack - Provincial Track & Road Coach**
- **Jenny Trew - National Team Coach**

Performance Program athletes will receive sport science services via group sessions and workshops. All services will be scheduled appropriately within the annual training plan to ensure alignment with individual performance objectives.

- **Strength and Conditioning**
  - Staff: Kevin Iwasa-Madge - Canadian Sport Institute Ontario
  - Sport-specific strength program
  - All gym sessions are programmed and coached
  - Remote training can also be administered and monitored to accommodate athlete location and schedules
- **Nutrition**
  - Staff: Kevin Iwasa-Madge - Canadian Sport Institute Ontario
  - Nutrition education sessions and assessments
  - Group Cooking workshops
- **Mental Performance**
  - Staff: Judy Goss / Fiona Meikle - Canadian Sport Institute Ontario
  - Group workshops
  - Develop appropriate mental skills and the ability to apply them in performance settings
- **Performance Analysis**
  - Staff: Will George / Ollie Armstrong - Cycling Canada, Canadian Sport Institute Ontario
  - Testing, filming, and analysis as deemed appropriate for data capture, monitoring, and performance enhancement

### Typical Weekly Schedule

- **Monday**
  - Strength & Conditioning            5-630PM
- **Tuesday**
  - Mobility / Warm up                    830-930AM
  - Track Session                            930-11AM
- **Friday**
  - Mobility / Warm up                    1230-130PM
  - Track Session                            130-3PM
  - Strength & Conditioning            330-430PM

## Application

- 1) Athletes must submit an online application [HERE](#) by **October 17, 2022**
- 2) Athletes will be selected based on the priority criteria below. Final selections will be made no later than Oct. 21, 2022.

## Athlete Selection Criteria

- Cycling Canada and Ontario Cycling will mutually accept athletes to the Ontario Performance Program, with significant consideration towards:
  - Past performances and results indicating performance potential
  - Demonstrated commitment to training and performance development
  - Athletes with National or International race experience in any cycling sport
  - Current member of a Cycling Canada Team or Program
- Additional criteria:
  - U23 athletes in 2023 (with exceptions for select U19 athletes)
  - Athletes tracking towards Cycling Canada programming or International level competition within 1-3 years

## Athlete Requirements

Athletes selected into the Performance Program must fulfill the following requirements:

- Hold a valid Ontario issued UCI Race License
- Have an NCCP Certified Coach
- Share their annual training plan and on-going training logs with Performance Program coaches to ensure alignment of training with performance goals
- Complete and sign the Ontario Cycling Athlete Agreement 2022-2023
- Complete NCCP Safe Sport module and CCES Anti-Doping Course annually

## Program Costs

November 1st through Dec 31<sup>st</sup>, 2022: \$400  
January 1<sup>st</sup> through April 30, 2023: \$600