



## **High Performance Endurance Camp**

## OVERVIEW

Ontario Cycling will be hosting a warm-weather endurance camp in the Oxnard, California area from February 13 – 26, 2023. The camp will be focused on building early-season base miles leading into the 2023 season and to help prepare athletes competing in early season Championships.

This is a focused project for 8-12 athletes. Rides will be supported with project coaches working with athlete personal coaches to ensure appropriate training integration into athlete YTP. Sport science services will also be incorporated into the camp.

## OBJECTIVES

- To build early-season base miles in preparation for the 2023 season
- To develop off-bike skills including bike packing, meal planning/preparation, team dynamics, pre-hab routines, and organization skills
- To improve pack riding skills, safety awareness, and on-bike communication
- To gain climbing and descending experience

## CAMP DETAILS - TENTATIVE

**Location:** Oxnard, California [tentative]

**Dates:** February 13 -26, 2023 [tentative]

**Camp Size:** 8-10 athletes; 2-3 coaches/staff

**Coaching Staff:** Peter Glassford (lead), other staff TBA

**Cost:** \$1000 + flight [estimate only]

**Includes:** Accommodation, internal transportation, coaching/support, off-bike training

## ATHLETE PROFILE

- 17 - 22 years old in 2023
- Ontario Cycling Member and UCI License holder
- Strong performance/experience at international level competition
- Strong results at 2022 Canadian Championships
- Demonstrated commitment to Team Ontario programming
- Positive contributor and respectful of athletes, coaches and support staff

**SELECTION CRITERIA [in-conjunction with athlete profile characteristics]**

1. Athletes selected to represent Canada at 2022 U23 World Championships [MTB/Road/Elite Track]
2. Athletes selected to represent Canada at 2022 U19 World Championships [MTB/Road/Track]
  - Tiebreaking based on:
    - Gender balance
    - Higher placing (if in the same WC event)
    - Higher placing at 2022 national championship if in same sport (IP used for track)
    - Committee selection based on:
      - Athlete performances at all UCI and nationally sanctioned events
      - Athlete involvement with Team Ontario/HP programming
3. Athletes placing in the Top 5 at 2022 U19/U23 National Championships [MTB/Road]; Top 3 in Track Endurance events [IP, Points] \*
  - Tiebreaking based on:
    - Gender balance
    - U23 prioritized over U19
    - Higher placing at 2022 national championship if in same sport (IP used for track)
    - Committee selection based on:
      - Athlete performances at all UCI and nationally sanctioned events
      - Athlete involvement with Team Ontario/HP programming
4. Athletes placing in Top 3 at 2022 U17 MTB National Championships]; Top 3 in Track Endurance events [IP, Points] \*
  - Tiebreaking based on:
    - Gender balance
    - Higher placing at 2022 national championship if in same sport (IP used for track)
    - Committee selection based on:
      - Athlete performances at all UCI and nationally sanctioned events
      - Athlete involvement with Team Ontario/HP programming

## **SELECTION CRITERIA continued**

5. Athletes placing Top 10 at U19/U23 at National Championship [MTB/Road]; Top 5 in Track Endurance events [IP, Points]
  - Tiebreaking based on:
    - Gender balance
    - U19 prioritized over U23
    - Higher placing at 2022 national championship if in same sport (IP used for track)
    - Committee selection based on:
      - Athlete performances at all UCI and nationally sanctioned events
      - Athlete involvement with Team Ontario/HP programming
6. U17/U19/U23 eligible athletes based on coach/committee decision with consideration towards performance/experience at national/international level competition

## **EXPRESSION OF INTEREST**

Athletes interested in attending the Ontario Cycling HP Endurance camp are asked to complete an application form at the following link no later than **Jan 2, 2023**

**Athlete Application:** <https://forms.gle/PaohyxhaYdDgTA3c8>

**Support Coach Application:** Please email your expression of interest to be a support coach for the Ontario Cycling HP Endurance Camp to:  
Amber Hutchinson – Technical Lead at: [amber.hutchinson@ontariocycling.org](mailto:amber.hutchinson@ontariocycling.org)

**Athletes will receive notification of selection prior to:** **January 13, 2023**