



**Para-Cycling
2023 Program**

2023 Para-Cycling Programs

Overview

Ontario Cycling's Para-Cycling programming will consist of:

1. Rising Stars Program

- Camp opportunities to develop skills in a safe and positive training environment.
- Open to all para-cyclists – including new, experienced, and national program athletes.

2. Para-Cycling Performance Program

- Training opportunities to provide more structured learning and performance preparation for athletes working towards national and international-level competition.
- *Performance-based selection criteria.

3. Team Ontario

- Racing opportunities for athletes to represent Ontario in Team Ontario kit at select high-level competitions.
- *Performance-based selection criteria.

4. Ontario High Performance Sport Initiative (OHPSI)

- Operated by Canadian Sport Institute Ontario, targeted athletes are supported through OHPSI. OHPSI is designed for athletes aspiring and tracking towards selection into Cycling Canada's Olympic or Paralympic programs.
- *Performance-based selection criteria.

Please direct any questions related to the Ontario Cycling Para-Cycling Program to Amber Hutchinson – OC Technical lead (amber.hutchinson@ontariocycling.org)

Rising Stars Program

These one-day camps and clinics will provide an opportunity for both talent identification and skill development. Athletes will work on skill fundamentals and develop an understanding of basic training and race tactics. Camps will build upon each other to help prepare athletes for the next step along the pathway.

Tentative Schedule

Date	Details	Location
Feb 4	Track Clinic	Milton
Feb 11	Track OCup/Eastern Challenge	Milton
March 3-5	Track Provincials	Milton
May TBD	Group Ride + Skill development	Milton
June TBD	Group Ride + Skill development	Milton
July TBD	Group Ride + Skill development	Milton
July 15	Ontario Cycling Crit Series TBD	Newmarket
Aug 1-4	Provincial Championships Preparation Camp	North Bay
Aug 5-6	Provincial Championships	North Bay
Sept TBD	Group Ride + Skill development	Milton

*Registration will be available closer to camp dates.

Para-Cycling Performance Program

The Performance Program is intended to prepare and develop athletes for success at national-level competition with the objective of progressing into National projects and programs. Athletes will be provided multi-day intensive camps involving on and off-bike training opportunities. Camps are hosted by expert coaches and sport science practitioners in the fields of nutrition, strength and conditioning, mental performance.

*Separate applications will be announced for each event.

Date	Details	Location
March 6-12	Defi Sportif Preparation: Volume camp <ul style="list-style-type: none"> 6-day camp to build volume in warm-weather location Intentionally returning 3 weeks prior to Track Nationals and 7 weeks prior to Defi Sportif for appropriate periodization and recovery blocks 	Florida
March 31 – April 1	Canadian Para Track Championships	Bromont, QC
April 15-16	Defi Sportif Tactics Camp <ul style="list-style-type: none"> 2-day preparation and tactics focused camp Including workshops with coaches and sport science staff 	Milton
April 29-30	Defi Sportif	Montréal, QC
May 6 th May 13 th May 20 th	Road Nationals Preparation: Volume Series <ul style="list-style-type: none"> Following Defi Sportif, this series of 3 group rides provides a structured opportunity for high volume rides – scheduled 7, 6, & 5 weeks prior to the Canadian Para Road Cycling Championships 	TBD
June 23-25	Canadian Para Road Cycling Championships	Edmonton

Team Ontario Representation

Athletes selected to represent Team Ontario at targeted competitions will receive support - including travel subsidy to attend the event, priority mechanic support, and coaching support*.

*Coaching support is not intended to replace an athletes club coach. Support will be discussed on a case-by-case basis to align with the club coach (if applicable) and performance needs.

Athletes must complete an expression of interest application prior to the event and achieve performance-based criteria. Selection criteria and applications will be available closer to the events.

OHPSI Identified Athletes

The Ontario High Performance Sport Initiative [OHPSI] is a program administered by Ontario Cycling in partnership with the Canadian Sport Institute Ontario [CSIO]. The program provides targeted athletes with sport science services and subsidies for participation at selected camps, projects, and competitions. These athletes are targeted for having world championship qualification potential. Specific preparation or qualification competitions will be arranged solely for these athletes.

No application is required as athletes will be automatically qualified for based on past performance and be contacted by Ontario Cycling staff directly.

OHPSI Athlete Selection Criteria :

Provincial High Performance – National Stream	Provincial Performance	Provincial Development
1) CC Targeted athlete 2) Meeting National A/B time standards 3) ID athletes by OC/CC recommendation	1) Meeting National B standards 2) Top 3 at Road Nationals/Defi Sportif and meeting National Development standard 3) ID athletes by CC/OC recommendation	1) ID athletes by CC/OC Coach recommendation

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