



T E A M O N T A R I O

2023

Rising Stars MTB Camp

Hardwood Ski and Bike

**V1
04/2023**



Overview

Ontario Cycling will be hosting a 2-day Rising Stars MTB Training Camp for aspiring athletes [ages 13 – 18] actively competing at the OCup and Canada Cup level. Athletes will work on technical skills using on-trail features, jump progressions, tactical race planning, and off-bike preparation.

Details

- Location Hardwood Ski and Bike
- Dates May 13-14, 2023
- Camp Size Maximum 16 athletes
- Lead Coach Roxy Slotegraaf
- Provincial Coach Rob Holmgren
- Support Coaches TBC

Athlete Application

- Eligible athletes please apply here before Monday May 1st at 5pm:
 - <https://ccnbikes.com/#!/events/2023-rising-stars-mtb-camp>

Project Objectives

- To increase the talent pool of MTB athletes coming into Team Ontario performance programming
- To foster the development of key MTB race skills and tactics to improve individual performances
- To provide a talent identification opportunity for provincial program coaches
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Athlete Profile

Athletes must:

- 13 - 18 years old in 2023
- Previous race experience at OCup/Canada Cup
- Aspirations to improve race performance and track towards Team Ontario
- Positive contributor and respectful of athletes, coaches and support staff

Athlete Requirements

Athletes must:

- hold a valid 2023 UCI license/Provincial Race License issued by the OCA
- bring their bicycles in 100% working order
- be 100% self-sufficient; bring tube(s), tools, pump, food, water, money, jacket/rain jacket on every ride

Schedule (tentative)

- **Day 1** Endurance Day ~ride time 3.75 hrs easier pace

10 am start

Warm up

- Dynamic warm up off bike (~15min)
- Warm up on wilderness loop- there's some techy climbs here. (~1hr15min)

12 Lunch

12:30 pm

- Divide into groups if necessary.
- First half of Pan am course preride with focus on drops (~2hr)
- Coffee run and smith drop area
- group ride (~45min) for extra endurance- gnarly trail finishes on coffee run

3pm Wrap up

- **Day 2** Interval day ~3hrs ride time

10 am start

- Dynamic warm up off bike- while introducing a proper race warm up (~20 Min)
- Warm up, easy ride - trail TBC (~45min)
- Front wheel lifts (~20min)

11:30 Lunch

- Ride pan am to second half (~15min)
- Pre ride second half (~1hr15min)

1pm break

- Intervals on coffee run with race start practice x4 (~1hr)
 - o Race start with ~5 min hard up road
 - o Recover down coffee run
 - o ~45 seconds up switchbacks
 - o recover down smith drop
 - o 2 min at bottom before next race start
 - o Cool down

3pm wrap up

Bike Parts and Maintenance

- Please be sure to bring a **fully functional** bike to this camp
- brakes are working perfectly
- shifting is working perfectly
- suspension linkages are properly torqued and moving well
- rear wheel freehub is 100%
- no cracked rims
- no cracked frames
- lockouts are working perfectly

Health and Safety

Athletes must inform coaches if they are dealing with any injuries, experiencing any pain, or feelings of illness immediately.

Any head injury or suspect impacts to the head requires adherence to the OCA Concussion Policy [<https://ontariocycling.org/wp-content/uploads/2022/08/oc-concussion-policy-and-code-of-conduct-updated-dec-2021-20211221.pdf>] and any return to training/competition will require doctor or nurse practitioner clearance and family clearance [if under 18].