



2023

ROAD Rising Stars Camp

Niagara / Brock University

**V2
05/2023**



Overview

Ontario Cycling will be hosting a 2-day integrated Road & Para-Cycling Rising Stars Training Camp.

This camp is intended for:

1. Aspiring U17 athletes actively competing in the Youth Cup or O-Cup races. Athletes will work on technical skills for the ITT and Crit.
2. Para-Cyclists actively training towards performance goals.

Details

- Location Brock University / CSIO Niagara
- Dates June 3-4, 2023
- Camp Size Maximum 20 athletes (Olympic stream)
Maximum 10 athletes (Paralympic stream)
- Staff **David Jack** – Provincial Road Coach
Jenny Trew – Road Coach
Murray Solem – Para-Cycling Coach and Mechanic
Kevin Iwasa-Madge – CSIO S&C / Nutritionist

Athlete Application

- Eligible athletes please apply here before Tuesday May 23 at 5pm:
 - <https://forms.gle/YmbpBvNXKEZJ7H5KA>

Athlete Selection

- Consideration to athlete experience and past performances in 2023, including O-Cup and Youth Road Development Series for U17 athletes

Project Objectives

- To foster the development of key ITT and Crit race skills and tactics to improve individual performances
- To provide a talent identification opportunity for provincial program coaches
- To provide Ontario Para-Cyclists with bike maintenance and preparation support to ensure race-ready equipment for 2023 Road Nationals

Athlete Profile & Requirements

Athletes must:

- Be 14 - 17 years old in 2023
- No age limit for para-cyclists
- Aspirations to improve race performance and track towards Team Ontario
- Positive contributor and respectful of athletes, coaches, and support staff
- Hold a valid 2023 UCI license/Provincial Race License issued by Ontario Cycling
- Bring their bicycles/handcycles in 100% working order

Tentative Schedule

Day 1 ITT Day

Location: Kottmeir Road (10-minute ride from Brock).

- Skills include Starts, Turns, Pacing/tactics, UCI rules
- ITT Race Opportunity - 3.5km
- Nutrition talk
- S&C session

Day 2 Crit Day

Location: Brock Parking Lot

- Skills include Starts, Bumping, Cornering (do's and don'ts), Cornering line - difference between solo and side by each, Setting up for corners, Tactics/Strategies
- Crit Race Opportunity
- Nutrition talk
- S&C session

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].