



**ONTARIO  
CYCLING**

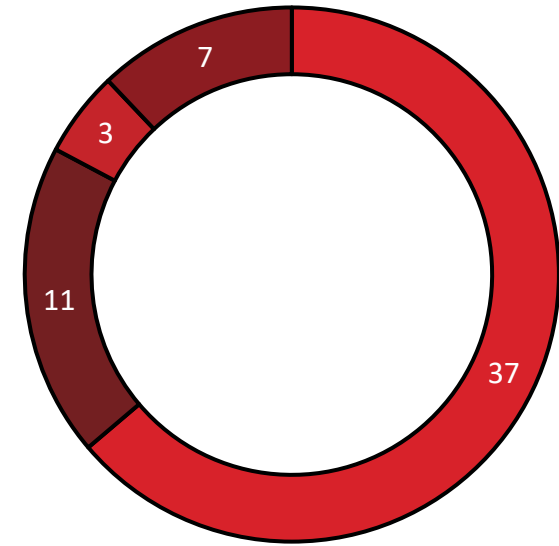


# ONTARIO HIGH PERFORMANCE

HIGHLIGHTS 2022

# ATHLETE PROGRAMMING / SERVICE

- 37 Projects/Camps/Programs Hosted
- 11 Team Ontario Race Projects
- 3 HP on-going weekly programs
- 7 Para-Cycling specific camps/projects
- 37 Targeted Pool Athletes meeting selection criteria [increase of ~ 19%]
- ~\$60K direct to athlete training/competition subsidies
- ~\$40K in sport science support to targeted athletes



- Projects/Camps/Programs
- Team Ontario Race Projects
- Para-Cycling Specific Camps/Programs
- Targeted Pool Athletes meeting selection criteria

# CANADIAN CHAMPIONSHIPS HIGHLIGHTS

## U17/U19 Canadian Track Championships

- ON won 74 medals
- 31 Gold (of possible 38)

## Canadian Road Championships

- 15 medals (ITT, RR, Crit)
- 6 medals from ON para-cyclists including 3 gold

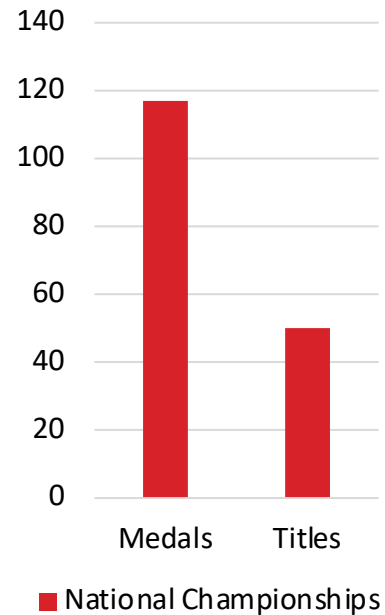
## Canadian MTB Championships

- 10 medal
- Gold in both Elite Men and Women (might not want to use this because Peter Disera now takes his license in BC but still call ON home)

## Canada Games MTB

- 5 medals
- Gold in Women's XCO and Women's Team Relay

## National Championships



## Canada Games Road

- Gold in Women's TT
- Gold in Men's RR

## Canadian BMX Championships

- 8 medals
- 5 Gold

## Canadian Elite Track Championships

- 12 medals
- 4 Gold

## Canadian CX Championships

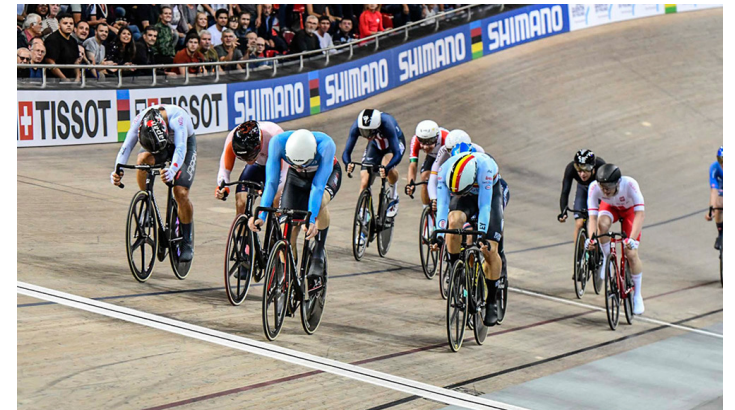
- 5 Gold medals
- 9 medals

## Canada Games Road/MTB

- 4 gold medals
- 7 medals

# ONTARIO ATHLETES INTERNATIONAL HIGHLIGHTS

- 56 Athletes Represented Canada at World Championship Events
- 5 World Championship Medals [Junior Track X2, Elite Track, Para-Road X2]
- 2 World Championship Titles [Junior Track – Carson Mattern]
- 1 World Championship Title [Elite Track - Dylan Bibic]
- 1 World Record [Junior Men's IP – Carson Mattern]
- 2 Para World Championship Medals [Para-Road – Shelley Gautier; Joey Desjardins]



# HIGH-PERFORMANCE

## DAILY TRAINING ENVIRONMENTS

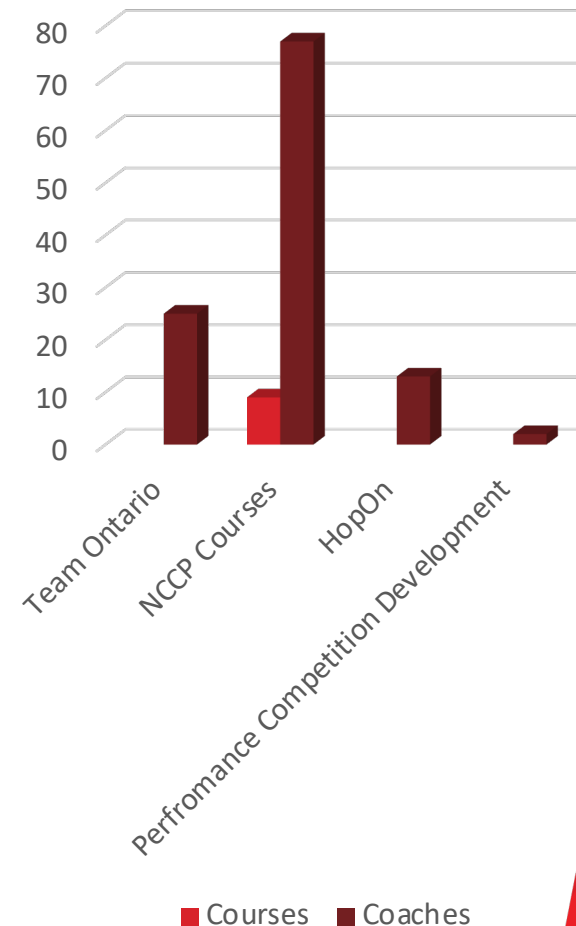
Daily Training Environments [DTE] programs are those that we classify as on-going/weekly training programs with the same group of athletes/coaches. These are different from our standalone or one-time camps which take place a different times and locations and often different groups of athletes throughout the year.

In 2022, Ontario Cycling facilitated three (3) DTE programs:

- **Ontario Track Academy** – U17/U19 high-performance track program focused on athletes tracking towards selection to Junior World Championships within 1-2 years. The program involves weekly on-track training, strength and conditioning programming under the guidance of a Canadian Sport Institute strength coach, and sports science support services [nutrition, mental performance].
- **Ontario BMX Program** – Focused on athletes 14 – 18, the program provided weekly training out of JoyRide150 in the winter months and the Pan Am BMX Track in the summer. The program also supported a Spring race project in Rock Hill, South Carolina.
- **Ontario Performance Program** – A program targeted towards U23 athletes from any cycling discipline involved in or tracking toward national team selection. The program run during the winter months [Nov – Apr], providing weekly on-track training, strength and conditioning, and opportunities for road/MTB riding when weather permits.

# COACH DEVELOPMENT

- Ontario is increasing its efforts to build coach capacity in the province in terms of both quality and quantity. Investments were made to assist coaches in obtaining NCCP certification, attend coach development opportunities host by Cycling Canada, and support competition mentorship opportunities.
  - 25 Coaches were involved in Team Ontario programming
  - 9 NCCP Coaching Courses hosted involving 77 coaches
  - 13 Coaches trained to deliver HopOn program, including 2 Learning Facilitators
  - 2 Coaches trained to be NCCP Master Learning Facilitators
  - 2 Coaches completed their NCCP Performance Competition Development Certification in 2022



# AMBER HUTCHINSON HIRED AS TECHNICAL LEAD – PERFORMANCE PROGRAMS

- Amber joined Ontario Cycling in May, bringing 10+ years of experience working in high-performance programming as a bio-mechanist, coach, and program manager with Swim Ontario and Swim Canada. During this time, Amber was involved in developing athlete pathways, designing and implementing individual athlete performance plans, and managing projects.

Amber's focus is working with Ontario's targeted athlete pool and coaches to help ensure optimal training and development. This involves working with coaches on comprehensive athlete gap analysis, facilitating athlete health checks, and ensuring the delivery of safe and meaningful programming and projects that reflect the demands of the sport. Additionally, Amber facilitates development and mentorship opportunities to grow the pool of quality coaches in the province.

We couldn't be happier to have Amber join our team and encourage anyone who hasn't met Amber to please reach out and introduce yourself. Amber can be reached at [amber.hutchinson@ontariocycling.org](mailto:amber.hutchinson@ontariocycling.org)



# BMX COACHING CHANGES

- After 8 years as the Provincial BMX Coach, Brendan Arnold decided to take a step back in 2023. Brendan's leadership resulted in the creation of the original Rising Star's BMX Academy focused on a young group of aspiring BMX athletes. Eventually, that program moved enough athletes through it to form the provincial BMX high-performance program. Many program athletes have since gone on to represent Canada at international competitions as a result of Brendan's work and commitment. We wish Brendan all the best and thank him for all that he has done and continues to do for BMX in Ontario.

Brendan's departure created an opportunity for new BMX leadership, and the OC was pleased to welcome aspiring coach Britney Hovencamp into a Provincial BMX Development Coordinator. Britney is a former athlete (and Rising Stars alumni) who represented Canada at BMX World Championships and has started down the coach certification pathway.

# MURRAY SOLEM

## RETURNS AS PROVINCIAL PARA-CYCLING COACH

- After 2 years in the Provincial Coach role, Blaine Betzold decided to pursue a new coach endeavour with the creation of a new para-cycling club. Blaine was instrumental in helping build programming and recruit new athletes during an extremely challenging period [pandemic years]. Ontario Cycling is excited to see Blaine's new program develop and will continue to work with him to help build para-cycling capacity in the province.

We are excited to announce that Murray Solem, who played a significant role in helping establish Ontario's inaugural para-cycling program in 2015, has accepted the invitation to return to the provincial coach role. Murray brings a wealth a para-cycling experience, including having attended the Paralympics as a pilot, working as a mechanic with both the Canadian and New Zealand para-cycling teams, and coaching at Cycling Canada camps. We are excited to be working with Murray again and look forward to expanding programming in 2023.





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