



2023-2024

Ontario Performance Program

Selection Criteria



Overview

The Ontario Performance Program - Track DTE, aims to enhance cycling performance as athletes navigate the transition from Junior through U23. In partnership with Cycling Canada, the Ontario Performance Program – Track DTE is based out of the Mattamy National Cycling Center in Milton, ON, and is open to identified athletes from all cycling sports.

Program Objectives

- Provide identified athletes with world-class training, coaching, and integrated sport science services to maximize their performance potential.
- Transition athletes from Provincial into National team programming with the confidence and skills to succeed.
- Provide opportunities to participate in multiple cycling sports and collaborate training with HP athletes across all sports.
- Provide opportunities to facilitate training sessions and sport science elements to the athlete's current program (*the performance program is not a replacement for training prescribed by personal coaches).

Program Overview

Track Training

Access to Track training sessions, regardless of cycling focus. These sessions will be led by World-Class coaches from Cycling Canada and Ontario Cycling with evidence-based training approaches to develop aerobic capacity, leg speed, and technical efficiencies

Program Coaches and Performance Services Team

David Jack - Provincial Track & Road Coach

Performance Program athletes will receive sport science services via group sessions and workshops. All services will be scheduled appropriately within the annual training plan to ensure alignment with individual performance objectives.

Strength and Conditioning

- Staff: Kevin Iwasa-Madge - Canadian Sport Institute Ontario
- Sport-specific strength program
- All gym sessions are programmed and coached
- Remote training can also be administered and monitored to accommodate athlete location and schedules

Nutrition

- Staff: Kevin Iwasa-Madge - Canadian Sport Institute Ontario
- Nutrition education sessions and assessments

Mental Performance

- Staff: Judy Goss / Fiona Meikle - Canadian Sport Institute Ontario
- Group workshops
- Develop appropriate mental skills and the ability to apply them in performance settings

Performance Analysis

- Staff: TBD - Cycling Canada, Canadian Sport Institute Ontario
- Testing, filming, and analysis as deemed appropriate for data capture, monitoring, and performance enhancement

Program Schedule

Monday *starting Oct 16
Strength & Conditioning 5-630PM

Tuesday *starting Nov 7
Mobility / Warm up 1:00-2:00PM
Track Session 2:00-4:00PM

Friday *starting Oct 13
Mobility / Warm up 12:00-1:00PM
Track Session 1:00-3:00PM
Strength & Conditioning 3:30-5:00PM

Athlete Applications & Selection Process

Interested athletes must complete an online application by **Sunday Sept 24th**

Application Form: <https://forms.gle/YrEHT34JuGfudVpy8>

Athletes will be selected based on the priority criteria below. Final selections will be announced no later than **Friday Oct. 6th**

Selection Criteria (in order of priority)

- Cycling Canada and Ontario Cycling will mutually accept athletes to the Ontario Performance Program, with significant consideration towards:
 - Past performances and results indicating performance potential
 - Demonstrated commitment to training and performance development
 - Athletes with National or International race experience in any cycling sport
 - Current member of a Cycling Canada Team or Program
- Additional criteria:
 - U23 athletes in 2024 (with exceptions for select U19 athletes)
 - Athletes tracking towards Cycling Canada programming or International level competition within 1-3 years

Athlete Requirements

Athletes selected into the Performance Program must fulfill the following requirements:

- Hold a valid Ontario issued UCI Race License
- Have an NCCP Certified Coach
- Share their annual training plan and on-going training logs with Performance Program coaches to ensure alignment of training with performance goals
- Complete and sign the Ontario Cycling Athlete Agreement 2023-2024
- Complete NCCP Safe Sport module and CCES Anti-Doping Course annually

Program Costs

- Full program Oct 2023 to March 2024: \$1200
- Prorated and per session details to be confirmed

Fee includes: All coaching, on-track training, S+C programming and CSIO gym access, and sport science workshops.

Health and Safety

Any perceived head injury will require the application of OCA Concussion Policy. <http://www.ontariocycling.org/forms/oca-concussion-policy/>

Any return to training/competition will require doctor's clearance *and* family clearance [if under 18].

Prohibited Substance

If you are taking any medications, please ensure they are not on a Prohibited Lists by checking:

[Check Your Medications | Canadian Centre for Ethics in Sport \(cces.ca\)](https://www.cces.ca/)

Anti-Doping Training

All athletes representing Team Ontario are required to have completed the **CCES True Sport Online Anti-Doping Course** within the past two years. Athletes must provide evidence of completion to amber.hutchinson@ontariocycling.org

If you have taken the CCES online course previously:

- Use this link to Login: <http://education.cces.ca>
- **Use the login information you previously created**
 - [Contact the CCES](#) if you have forgotten your login information.
Do not use the enrollment key below to create a new account
- **Send course completion award to**
amber.hutchinson@ontariocycling.org

If you are taking the CCES online course for the first time:

- Please follow this link: <http://education.cces.ca/#/signup>
- Enrollment Key: **CycOnt**
- Password: **FR3PKLxF**
 1. **Your email address will become your username**
 2. Create a password you will remember
 3. Log in with your new username and password
 4. Go to "**My Courses**"
 5. You must complete the "**Profile**" module before you can start the course
 6. Return to "**My Courses**" to begin the course
- Send course completion award to
amber.hutchinson@ontariocycling.org