



2023-2024
Ontario Track Academy

Selection Criteria



Overview

Ontario Cycling and the National Cycling Institute Milton will continue hosting a high-performance track program for identified athletes in the 2023-24 season. The Ontario Track Development Academy is designed to provide athletes an enhanced training environment involving quality coaching, on-track training, and sport science integration including prescribed in monitored strength and conditioning.

Program Objectives

- To assess and identify athletes with the potential of achieving a Cycling Canada junior time standard within 1-3 years
- To provide identified athletes with a best in class training environment to maximize athlete performances
- To transition athletes from provincial into national team programming

Program Overview

All programming will be led by experienced and certified coaches and sport science practitioners.

- **Weekly on-track training session [20+ sessions October – March]**
 - Endurance and sprint specific training
 - Bunch race skills, tactics, and strategies
 - Technical refinement [starts, aero position]
 - Structured activation, cool down and recovery
- **Specific skills camps [Nov, Dec, Jan]**
- **Strength and Conditioning programming**
 - Structured program led by Canadian Sport Institute strength coach
 - Weekly access to CSIO gym under supervision of strength coach
- **Sport Science Support**
 - Workshops/Information from professional nutritionists and mental performance consultants
- **Team Ontario Kit/Clothing**
 - Skinsuit
 - Gym and casual wear



Program Schedule

Tuesday

5:00-6:00pm – Strength and Conditioning Session [CSIO Gym].

6:30pm – 8:30pm – On-track training

Saturdays – Specific skills camps hosted Nov, Dec, Jan (1x/month).

Athlete Applications & Selection Process

Interested athletes must complete an online application by **Sunday Sept 10th**

Application Form: <https://forms.gle/6cxs5vzpiJpz6iQEA>

Athletes meeting the athlete profile below will be invited to attend a minimum of 2 assessment sessions [Sep 26, Oct 3, Oct 10]

Athletes will be selected based on the priority criteria below. Final selections will be announced no later than **Friday Oct. 13th**

Athlete Profile

- Athletes age 16-18 in 2024 [exceptions considered]
- Athletes with race experience at O-Cup level or higher
- Athletes with demonstrated track skill, knowledge, and tactics
- Athletes with demonstrated success in other endurance-based cycling sports [outside of track]
- Athletes with goal of representing Canada at Junior World Championships within 1-3 years



Selection Criteria (in order of priority)

- 1) Athletes selected to 2023 Junior World Championship Selection Pool [automatic selection]
- 2) Athletes meeting the following time standards [in 2023 competition or during program assessment sessions]

Jr. Men

Endurance standard: 3km – Provincial Standard 3:30.866 Pool Standard 3:37.007
Sprint standards: Kilo – Provincial Standard 1:07.973 Pool Standard 1:09.953
Flying 200m- Provincial Standard 11.291 Pool Standard 11.62

Jr Women

Endurance Standard: 2km– Provincial Standard 2:36.672 Pool Standard 2:41.236
Sprint standard: 500m– Provincial Standard 39.908 Pool Standard 41.07
Flying 200m- Provincial Standard 13.067 Pool Standard 13.447

Cadet Men

Endurance Standard: 2km– Provincial Standard 2:27.93 Pool Standard 2:32.239
Sprint Standard: 500m– Provincial Standard 36.633 Pool Standard 37.7
Flying 200m– Provincial Standard 12.073 Pool Standard 12.424

Cadet Women

Endurance Standard: 2km– Provincial Standard 2:45.037 Pool Standard 2:49.826
Sprint Standards: 500m– Provincial Standard 40.213 Pool Standard 42.082
Flying 200m- Provincial Standard 13.528 Pool Standard 13.922

- 3) Athletes placing top 5 at U19 or top 3 in U17 in any bunch race event at 2023 Canadian Track Championships
- 4) Athletes based on recommendation of OC Provincial Coach/Technical Lead

Eligible athletes can be added at any point during the season based on demonstrated performances and Provincial Coach invitation. Athletes are welcome to contact the OC Technical Lead or Provincial Coach to discuss their progress or interest in the academy.



Program Costs

- Full program \$1200

Full payment or 50% due Oct. 31, 2023

*Athletes starting in January will be charged 50% [includes kit/clothing].

Athletes selected to join at any other point will have a prorated fee

Fee includes: All coaching, on-track training, identified camps, S+C programming and CSIO gym access, skinsuit and clothing, 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