



ONTARIO TRACK ACADEMY

2024-2025

Overview

The Ontario Track Academy is a high performance training program for athletes identified as having potential to represent Canada internationally in the next 1-3 years. Targeted athletes will typically fall between the ages of 15-19 (some exceptions considered on a case by case basis) with the primary focus being on athletes tracking towards junior (U19) World Championship selection.

Objectives

- To bring Ontario's strongest track athletes together to create a training environment that facilitates healthy competition and athlete growth
- To provide athletes with regular access to a world class velodrome and structured training under the direction of certified and experienced coaches
- To provide athletes with off-bike training and support through sport science services including developing healthy habits for optimal performance
- To qualify Ontario athletes to represent Team Canada internationally at major track events including World Championships and Nations Cups

Program Services

- 1-2 Weekly on-track training sessions at the Mattamy National Cycling Centre under the direction of a certified coach
- 1-2 Weekly strength and conditioning session under supervision of Strength Coach in Canadian Sport Institute gym at Mattamy National Cycling Centre
- Athlete general health assessment
 - Movement Screening
 - Nutrition/Food Knowledge Assessment
 - Mental Health Readiness
 - Concussion Baseline Screening
- Athlete Physiological Testing
 - 1-2 assessments [based on athlete need]
- Nutrition Consultation and On-going Support Services
- Group-Based Education Workshops
- Academy Kit [Skinsuit, t-shirts]
- Discount on all OCup Races
- Priority Selection to Ontario Cycling Winter Endurance Camp

Program Dates

October 8, 2024 – April 1, 2025

There will be ~31 on-track sessions during the program

Tuesday: 4:30/5:00 – 8:00 (gym/track)

Saturday: Most Saturdays there will be additional Academy training sessions or Team Pursuit/Sprint Camps, specific dates will be indicated with program information.

Optional Gym/Strength and Conditioning Sessions

Athletes will have additional access to strength training under the direction/supervision of our Strength Coach at the CSIO gym on Mondays and Fridays.

Application and Selection Process

All interested athletes must complete an online application [HERE](#) to express their interest in being part of the Ontario Track Academy for 2024-25.

Application Deadline: September 5, 2024

Selection Criteria: See Appendix A

Assessment Dates: Sep. 24/Oct. 1

Program Cost: ~\$1,200 [final budget being finalized]

Athlete Requirements

To maximize the effectiveness of training and support services, athletes are required to adhere to the following:

- 1) Provide a yearly training plan from their coach (if coaches require assistance in developing the details of the plan, support will be provided)
- 2) Commit to representing Ontario at Canadian Track Championships (team events) if selected.
- 3) Represent Team Canada at Junior World Championships (if selected).
- 4) Compete in all OCup Track Events and Provincial Championships

- 5) Maintain on-going communication with Academy Coaches including Strength Coach regarding any absences from training, injuries, illnesses, or other issues which could negatively impact athlete wellness or training
- 6) Complete all required forms including athlete goal sheets, feedback forms, training reports, etc.
- 7) Complete the NCCP Safe Sport Module and CCES True Sport Anti-doping Course
- 8) Provide access to TrainingPeaks to assist with on-going monitoring and awareness of training/fatigue levels

Appendix A

| Ontario Track Academy | |
|---|--|
| Program Composition | <p>8 Men</p> <p>8 Women</p> <p>Additional athletes or deviations from the above at discretion of the HP Committee</p> |
| Athlete Requirements | <ol style="list-style-type: none"> a. Aged 15-20 in 2025 b. Licensed by Ontario |
| Assessment Dates | <p>September 24 6:00 – 8:00pm</p> <p>October 1 6:00 – 8:00pm</p> |
| Selection Criteria (Automatic) | <ol style="list-style-type: none"> 1. Athletes representing Team Canada (Junior or Elite) in 2023-24 2. Athletes meeting Cycling Canada Junior A Time Standard in 2023-24 |
| Selection Criteria (in priority order) Athletes required to attend assessments. Any exceptions at discretion of the provincial coach | <ol style="list-style-type: none"> 1. Athletes placing in the top 3 in an individual event at the 2024 Junior Canadian Track Championships 2. Athletes winning a U17 individual event at the 2024 Junior Canadian Track Championships 3. Athletes placing top 3 in an individual event at the 2024 U17 Canadian Track Championships |
| Selection Criteria (additional considerations) All these items (a-c) will be used as part of the overall athlete assessment when determining selection into the academy. Athletes will need to have achieved the 106% time standards (any deviation from this requirement will be at the discretion of the coach and HP Committee) | <ol style="list-style-type: none"> a. Athletes meeting a Provincial Time Standard (Priority order of A, B, C) b. Athletes demonstrating high proficiency in track racing skills (aero-positioning, pacing, positioning in pack and movement into strategic positions, etc.) c. Athletes having previous race experience and demonstrating performance progression |
| Appeals | OC Appeals Policy |

Ontario Time Standards

The "A" standards are based on average top 3 times at national championships over the past 3 years.

| Cadet Boys | A | B | C |
|-------------|----------|----------|----------|
| Flying 200m | 11.814 | 12.168 | 12.523 |
| 500m | 35.886 | 36.963 | 38.039 |
| 2000m | 2:23.885 | 2:28.202 | 2:32.518 |
| Cadet Girls | A | B | C |
| Flying 200M | 13.381 | 13.783 | 14.184 |
| 500m* | 40.103 | 41.306 | 42.509 |
| 2000m | 2:39.763 | 2:44.556 | 2:49.349 |

| Junior Boys | A | B | C |
|-------------|----------|----------|----------|
| Flying 200m | 10.953 | 11.282 | 11.61 |
| Kilo | 1:05.616 | 1:07.585 | 1:09.553 |
| 3000m | 3:22.639 | 3:28.717 | 3:34.797 |

| Junior Girls | A | B | C |
|--------------|----------|---------|----------|
| Flying 200M | 12.735 | 13.117 | 13.499 |
| 500m* | 38.439 | 39.592 | 41.745 |
| 2000m** | 2:30.757 | 2:35.28 | 2:39.803 |

*2025 this will move to Kilo (using 500m for 2024-25 selection)

** 2025 this will move to 3000m (using 2000m for 2024-25 selection)