



**ONTARIO TRACK ACADEMY**

**2025-2026**

## 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

## Program Services and Cost

Program Cost: \$1,500 + HST (issued in 2 payments of \$750.00 + HST)

- 1-2 Weekly on-track training sessions at the Mattamy National Cycling Centre under the direction of a certified coaches [~31 on-track sessions]
- 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 (nutrition, concussion baseline)
- Athlete Physiological Testing
  - Graded Exercise Test on a Velotron (or equivalent), with data collection using the metabolic cart, heart rate monitor, blood lactate analyzer, and RPE
  - First and Second Threshold
  - VO2 Max/Max Aerobic Power/Power at VO2Max
  - Fuel Usage
  - Gross Efficiency
  - Energy System Contribution
  - Anaerobic Power Reserve
- Nutrition Consultation and on-going Support Services
- Group-Based Education Workshops
- Academy Kit [Skinsuit, t-shirts]
- Priority Selection to Ontario Cycling Winter Endurance Camp

## **Program Dates**

**October 7, 2025 – March 31, 2026**

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

**Tuesdays:** 5:00pm - 6:00pm (Gym) 6:30pm-8:30pm (On-Track)

**Saturdays:** 12:00pm - 4:30pm. There will be additional Academy Training and/or Advanced Track Skills (U17/U19) Camps on Saturdays that include the Academy and non-Academy athletes. Specific timing of sessions will vary to include a combination of nutrition education, tactics, video review, strength & conditioning, and on-track.

Saturday training sessions/Advanced Track Skills dates will be confirmed prior to the start of the Academy program.

**Rising Stars Camps (Saturdays):** Academy athletes interested in leadership/volunteer hours will have the opportunity to assist at these development camps.

## **Application and Selection Process**

All interested athletes must complete an online application [HERE](#) if they would like to be considered for the 2025-26 Ontario Track Academy.

**Application Deadline:** September 9, 2025

**Selection Criteria:** See Appendix A of the Ontario Track Academy Document

**Required Assessment Dates:** Sept. 23 and Sept. 30 (6:30-8:30pm)

Athletes will be required to complete the following during the assessments:

- Flying 200m
- Standing Start 500m/1000m
- Standing Start IP 2000m/3000m (distances based on athlete-age in 2026)

Note: Efforts may be split over the two tryout sessions depending on the number of athletes that are participating.

## **Athlete Requirements**

To maximize the effectiveness of training and support services, athletes selected into the Academy 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) Have their coach commit to attending two (2) touchpoint meetings with the Provincial Coach (Oct. & Jan) to discuss athlete observations, training, season goals, targeted races in track and other disciplines.
- 3) Commit to representing Ontario at Canadian Track Championships (team events) if selected. This includes attending planned Team Ontario training.
- 4) Represent Team Canada at Junior World Championships (if selected).
- 5) Compete in all OCup Track Events and Provincial Championships.
- 6) Maintain on-going communication with Academy Coaches including Strength Coach regarding any absences from training due to injuries, illnesses, or other issues which could negatively impact athlete wellness or training.
- 7) Complete all required forms including athlete goal sheets, feedback forms, training reports, etc.
- 8) Complete the Safe Sport training requirements and CCES True Sport Anti-doping Course.
- 9) Provide access to TrainingPeaks to assist with on-going monitoring and awareness of training/fatigue levels (alternative will be detailed training plan and YTP to ensure alignment of training).

## Appendix A

Ontario Track Academy	
Program Composition	<p>8 Men and 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"> <li>Aged 15-19 in 2026 (exceptions may be considered)</li> <li>UCI licensed in Ontario</li> <li>Meeting an Ontario B time standard*</li> </ol> <p>*Athletes need to meet the time standard in the discipline of focus. As example, meeting only a sprint time standard would only make you eligible for sprint focused training.</p>
Assessment Dates	<p>September 23 6:30 – 8:30pm</p> <p>September 30 6:30 – 8:30pm</p>
Selection Criteria (Automatic)	<ol style="list-style-type: none"> <li>Athletes representing Team Canada (Junior) in 2024-25 season</li> <li>Athletes meeting <a href="#">Cycling Canada Junior A Time Standard</a> in 2024-25 season</li> </ol>
<p>Selection Criteria (in priority order)</p> <p>Athletes required to attend assessments. Any exceptions at discretion of the provincial coach</p>	<ol style="list-style-type: none"> <li>Athletes placing in the top 3 in an individual event at the 2025 Junior Canadian Track Championships</li> <li>Athletes winning a U17 individual event at the 2025 Junior Canadian Track Championships</li> <li>Athletes placing top 3 in an individual event at the 2025 U17 Canadian Track Championships</li> </ol>
<p>Selection Criteria (additional considerations/coach recommendation )</p> <p>All these items (a-c) will be used as part of the overall athlete assessment when determining selection into the academy.</p>	<ol style="list-style-type: none"> <li>Athletes times across all time assessments (F200/TT/IP)</li> <li>Athletes demonstrating high proficiency in track racing skills (aero-positioning, pacing, positioning in pack and movement into strategic positions, etc.)</li> <li>Athletes previous race experience and demonstrating performance progression</li> </ol>
Appeals	<a href="#">OC Appeals Policy</a>

## Ontario Time Standards

Time standards are based on an average of the top 5 times in each category over the last 5 National Championships. The Ontario A Standard is 103% of that time; the Ontario B standard is 106% of that time. For Junior Women, there is a slight difference with the new distances that started in 2025 [1000m TT and 3000m IP]. The average time for these distances are only the top 5 from 2025 Track Nationals. We have included the standards from the previous distances [500m TT and 2000m IP] as a **reference only** as selection consideration will be based on the current Junior Women's distances.

Cadet Boys	Average	Ontario A Standard (103%)	Ontario B Standard (106%)
Flying 200m	11.885	12.242	12.598
500m	36.5	37.595	38.69
2000m	2:24.318	2:28.648	2:32.977
Cadet Girls	Average	Ontario A Standard (103%)	Ontario B Standard (106%)
Flying 200M	13.325	13.725	14.125
500m	40.115	41.319	42.522
2000m	2:40.444	2:45.257	2:50.071

Junior Boys	Average	Ontario A Standard (103%)	Ontario B Standard (106%)
Flying 200m	10.934	11.262	11.59
Kilo	1:05.803	1:07.777	1:09.751
3000m	3:21.716	3:27.767	3:33.819
Junior Girls	Average	Ontario A Standard (103%)	Ontario B Standard (106%)
Flying 200M	12.732	13.114	13.496
500m	38.439	39.592	41.745
1000m IP	1:14.850	1:17.1	1:19.341
2000m IP	2:30.757	2:35.28	2:39.803
3000m IP	3:47.958	3:54.797	4:01.636