



ONTARIO TRACK ACADEMY

2026–2027 Program Guide

Preparing Ontario's top U17 and U19 track athletes for national and international performance opportunities

Ontario Cycling
August 2026

Overview

The Ontario Track Academy is a high performance training environment for identified athletes with the potential to represent Ontario and Canada at major track cycling events within the next 1–3 years.

Program Purpose	Bring Ontario's strongest developing track athletes together in a structured, competitive training environment that supports progression toward Junior Canadian Track Championships and Junior World Championship pathways.
Key Dates	Program runs October 13, 2026 – March 30, 2027, with Tuesday training and additional Saturday Academy, skills, and camp opportunities.
Location	Mattamy National Cycling Centre.
Cost	\$1,550 + HST, issued in two payments.
Training and Support	Includes approximately 30 on-track sessions, strength and conditioning, athlete health screening, sport science support, education workshops, and Academy kit.
Application and Selection	Application deadline is September 9, 2026, with required assessments on September 22, September 29, and October 6, 2026.
Athlete Commitment	Selected athletes are expected to maintain communication, complete required training and reporting, attend key Academy and Team Ontario activities, and meet Safe Sport and anti-doping requirements.

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: \$1,550 + HST, issued in two payments of \$750.00 + HST.

- One to two weekly on-track training sessions at the Mattamy National Cycling Centre, delivered by certified and experienced coaches.
- One to two weekly strength and conditioning sessions supervised by a strength coach in the Canadian Sport Institute gym at the Mattamy National Cycling Centre.
- Athlete general health assessment:
 - Movement Screen
 - Concussion Baseline
 - Nutrition Assessment
- Group-based education workshops.
- Academy kit, including a skinsuit and T-shirts.

Program Dates

October 13, 2026 – March 30, 2027

Approximately 30 on-track sessions are scheduled during the program.

Tuesdays: 5:00 p.m.–6:00 p.m. gym session; 6:30 p.m.–8:30 p.m. on-track session.

Saturdays: 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 2026-27 Ontario Track Academy.

Application Deadline: September 9, 2026

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

Required Assessment Dates: September 22, September 29, and October 6, 2026, from 6:30 p.m.–8:30 p.m.

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

- Flying 200m
- Standing Start IP 2000m/3000m (distances based on athlete-age in 2027)

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

Appendix A: Selection Criteria

Ontario Track Academy Selection

Program Composition	8 men and 8 women, with additional athletes or deviations considered at the discretion of the HP Committee.
Athlete Requirements	a. Aged 15–18 in 2027 (exceptions to this age range will be considered on a case by case basis) b. UCI licensed in Ontario.
Assessment Dates	September 22 and 29, 2026, from 6:30 p.m.–8:30 p.m.; October 6, 2026, from 6:30 p.m.–8:30 p.m.
Priority 1	Athletes representing Canada at the 2026 World Junior Track Championships
Priority 2 Athletes moving into U19 in 2027 who did not meet the U17 “A” standard during the 2025-26 Track Season will need to meet the U19 time standard at the assessments to be selected in this priority.	Athletes meeting the Ontario A Time Standard during the 2025–2026 season (including at assessment)
Priority 3 (in Priority Order) Athletes must have met the Ontario B time standard to be eligible. Athletes moving into U19 in 2027 who did not meet the U17 “B” standard during the 2025-26 Track Season will need to meet the U19 time standard at the assessments to be selected in this priority.	1. Athletes placing in the top 3 in an individual event at the 2026 Junior Canadian Track Championships. 2. Athletes winning a U17 individual event at the 2026 U17 Canadian Track Championships. 3. Athletes placing top 3 in an individual event at the 2026 U17 Canadian Track Championships.
Priority 4 Athletes will be selected in priority order based on the fastest times. Athletes moving into U19 in 2027 who did not meet the U17 “B” standard during the 2025-26 Track Season will need to meet the U19 time standard at the assessments to be selected in this	Athletes meeting the Ontario B time standard during the 2025-26 season (including at assessment)

priority.	
Priority 4 – Coach/Committee Selection. Athletes will be selected on a conditional basis and need to demonstrate improvement towards meeting the Ontario B standard by the program mid-point.	Consideration towards: a. Must meet a Development Time standard at Assessments b. Rate of progression towards Ontario B time standard (2026 progression) c. Time/experience in track cycling. Athlete proximity to time standard in relation to time in sport. d. Demonstrated training/HP behaviours: preparedness, coachability, positive attitude, supportive teammate
Appeals	Appeals are managed through the OC Appeals Policy.

Ontario Time Standards

Time standards are based on international times for qualification at World Junior Championship competitions. The Ontario A Standard is the current Cycling Canada "B" standard with the Ontario "B" standard being 103% for IP and 105% for F200. The cadet standards were established by looking at athletes who met the Cycling Canada "B" standard over the past 3 years as Junior athletes and determining the range of times those athletes were meeting as cadets. The Development standard is 103% of the Ontario "B" Standard.

Cadet Boys	Ontario A Standard	Ontario B Standard	Development Standard
Flying 200m	11.25	11.81	12.16
2000m	2:26.00	2:31.00	2:35.00
Cadet Girls	Ontario A Standard	Ontario B Standard	Development Standard
Flying 200m	12.75	13.38	13.78

2000m	2:41.5	2:45.0	2:50.00
Junior Boys	Ontario A Standard	Ontario B Standard	Development Standard
Flying 200m	10.68	11.20	11.54
3000m	3:27.90	3:34.10	3:40.52
Junior Girls	Ontario A Standard	Ontario B Standard	Development Standard
Flying 200m	11.90	12.49	12.86
3000m IP	3:53.6	4:00.6	4:07.81