



ONTARIO TARGETED ATHLETE PROGRAM

2026–2027

Overview

The Ontario Mountain Bike Academy is a high-performance development program for athletes aged 15–18 with potential to represent Canada internationally in mountain bike disciplines within 1–3 years. The Academy supports progression toward National Team selection, UCI Junior Series competition, World Championships, and future professional opportunities.

Ontario has a strong history of developing successful mountain bike athletes. The Academy formalizes a structured development pathway that complements athletes' personal coaches and clubs through specialized training, sport science, technical development, and integrated performance support.

Objectives

- To provide Ontario's identified MTB and endurance focused athletes with a collaborative high-performance training environment.
- To support athlete progression toward National Team, World Championship, and professional cycling opportunities.
- To provide access to sport science and integrated support services to optimize athlete health and training.
- To improve athlete technical proficiency through structured skills coaching and performance analysis.
- Create a coordinated athlete development pathway that complements the athlete's existing coach, club, or team environment.
- Support athlete preparation and performance at World Championship qualification events, including Canada Cups, National Championships, UCI Junior Series events, and other identified international competitions.

Selection & Application

In its inaugural year, the MTB Academy will be available to athletes selected for the 2026–26 Targeted Athlete Pool, with Performance Pool athletes prioritized over Development Pool athletes. This approach streamlines selection and reduces duplicate applications. Additional athletes may be invited to programming and camps where space allows.

Athletes interested in being part of the Academy are asked to apply the [Targeted Athlete Program](#) in order to be initially considered for invitation to the program.

Program Overview/Services (subject to change)

The Academy primarily supports mountain bike-focused athletes. Targeted athletes from other disciplines may join selected programming, such as the Endurance Camp.

Athlete Health and Performance Preparation

- Movement Screen – Conducted by a physiotherapist to identify potential training limitations and inform strength training programming
- Nutrition Consultation – Diet analysis and recommendations
- Mental Performance Consultation
- Access to Sport Physician for blood panel & other analysis [additional cost may apply]

Strength & Conditioning

- In-person baseline assessment, lift technique, and check-in sessions
- Remote programming/monitoring, check-ins, and coach communication
- Progress reports

Nutrition Support

- Initial consultation/diet analysis
- Follow-up sessions as required (issues requiring additional testing may have additional costs)
- Check-ins and access for athlete questions/concerns

Mental Performance

- Access to a mental performance consultant
- Individual support opportunities where required
- Group educational sessions

Camps and Projects

Athletes may have commitments to race teams, other cycling disciplines, or other sports, so attendance at all camps is not required. Academy staff will work with athletes and coaches to establish an optimal schedule. MTB athletes must attend the Spring Victoria MTB Camp and are strongly encouraged to attend the Winter Endurance Camp.

- All camps/projects supported by skilled/experienced MTB Coaches and other industry experts
- Key Race projects will be supported with mechanic
- 94 Forward Fall Victoria Skills Camp (Ontario to nominate athletes for attendance)
- Winter Endurance Camp
- Spring Victoria MTB Camp (94 Forward/OC Camp)
- On-Site support at World Championship Qualification Canada Cup Events

Program Dates (subject to change)

November 2026 – July 2027

Programming will operate year-round through a combination of camps, educational sessions, sport science services, and targeted race support.

November 2026

Nov. 1 – 14: Athlete Health Assessments (various)

Nov. 1- 14: Strength and Conditioning Programming Start

December 2026

Nov. - Dec.: 94 Forward MTB Skills Camp (Victoria, BC)

January 2027

Jan. Various: Strength and Conditioning In-Person Check-in

February 2027

Feb. TBD: Winter Endurance Camp (Spain/Other/TBD)

March/April 2027

Mar./Apr. MTB Camp (2- week camp)

April 2027

Apr. Strength and Conditioning In-Person Check in

May/June 2027

Dates TBD: Canada Cup(s) World Championship Qualifying

July 2027

July: Canadian MTB Championships

Athlete Requirements

The following requirements apply to athletes selected into the Academy and support consistent engagement across training, competition, communication, and athlete education.

Athletes selected into the Academy will be expected to:

- Hold a current UCI race license through Ontario Cycling.

- Be between 15–18 years of age during the program year (exceptions may be considered).
- Provide an annual training plan for the upcoming season and meet with the Provincial Coach to align Academy programming with training needs.
- Participate in scheduled Academy camps and educational opportunities.
- Compete at Canadian MTB Championships and represent Team Ontario if selected (U17/U19).
- Participate in designated Canada Cup events where feasible.
- Maintain regular communication with Academy staff and service providers.
- Complete all required athlete monitoring and reporting requirements.
- Complete Safe Sport and CCES anti-doping education requirements.