

2012 North American World Cup Project



PRE-SELECTION INFORMATION GUIDE

NORTH AMERICAN WORLD CUP PROJECT
BASIC TRAVEL INFORMATION
Subject to Change

Basic Travel Dates

June 18 – athletes are picked up from Quebec City airport and taken to Mont Ste. Anne
June 18-25th – Mont Ste. Anne World Cup Project
June 25th & 26th – Athletes are driven to the Windham World Cup with a stop-over at Lake Placid.
June 26-July 2nd – Windham World Cup Project
July 2nd – Athletes have the option of flying home from Albany, NY or driving back to Quebec City with National Team staff. Athletes can also choose to return from Windham with their parents.

Arrival and Departure Windows

The National Team designates specific times for arrival and departure for each National Team project. It is critical that athletes respect these arrival and departure windows. Athletes who do not link their travel plans correctly will be asked to coordinate their own travel between the airport and the race hotel.

ARRIVAL: All athletes selected for the North American World Cup projects will be picked up from the Quebec City airport on Monday June 18th at 3pm. Any athlete who is being dropped off in Quebec City on Sunday June 17th should notify the National Team as soon as possible. We will make arrangements to accommodate you.

DEPARTURE: Athletes departing from Albany, NY at the completion of this project must book flights that depart no earlier than 2pm on Monday July 2nd. Athletes who choose to drive back to Canada with the National Team will be brought to the Quebec City airport by 8 or 9pm. Any athlete who needs to fly out on Tuesday July 3 will have accommodations supplied in Quebec City.

Cost

This project is cost-shared between the athletes and CCC. The cost per athlete is \$600.00 and includes accommodation, ground transport, mechanical services and coaching for 2 weeks. Junior athletes who may potentially be selected for this project will be expected to bring a cheque for this amount with them to Nationals. For Juniors, Nationals is a Performance on Demand event for selection to the World Cup projects in North America.

Flight Change Fees

In some cases, selected athletes will be required to change their flights in order to attend the World Cups with the National Team. All change fees are the responsibility of the athlete. We realize that this is an inconvenience, but trust that all athletes and their families understand the importance of preserving Performance on Demand events within the National Team structure. Flight changes are generally easy and relatively inexpensive to coordinate.

PERFORMANCE ON DEMAND. WHAT DOES IT MEAN?

We are building an environment where champions are inevitable.

In 2012 we have added Performance on Demand events for both Junior and U23 athletes. These events, similar to the World Championships or the Olympics, are events where you only have only one chance to get it right...events where you need to put all of the pieces together on a specific day....we are calling this type of event Performance of Demand. It's critical that our athletes are well rehearsed and confident in Performance on Demand events...that's why we're starting the practice early.

Examples of Performance on Demand:

Juniors: The top 2 riders at the National Championships are automatically selected for the North American World Cups...beginning 6 days later at MSA.

U23: The top 2 athletes at the Continental Championships were automatically selected for the Czech and La Bresse World Cups.

Elite: Olympic Games, World Championships

In **Performance on Demand** events, it's critical that athletes have their bodies, minds and equipment set-up for success. At the end of the day, the athletes who perform best will succeed and advance to the next round of competition. There isn't any room for excuses...not even when it comes to mechanicals. It's One Chance....One time.

HOW DOES THE SELECTION PROCESS WORK?

The team for the North American World Cup projects is selected using the official 2012 Selection Document listed here:

<http://www.cyclingcanada.ca/wp-content/uploads/2012/05/2012-Selection-Policy-MTB-Final-May-24-2012.pdf> or <http://www.canadian-cycling.com/disciplines/sites/default/files/2012%20Selection%20Policy%20MTB%20Final%20APR%2030%202012.pdf>

The following is an excerpt from the Selection document that shows the criteria used to determine selection. Only the official 2012 Selection Document posted on the CCC website can be used to make selections. In the case of any discrepancy with another document or communication, the official 2012 Selection Document posted on the CCC website shall take precedence.

World Cup #5 and 6 Project – MSA and Windham

11 Category: Junior Women XCO World Cup #5 and #6 – MSA-Windham. June 18 – July 2, 2012

- 11.1 **Objective:** To increase race fitness, skill and tactical knowledge at the World Cup level.
- 11.2 **Team Size:** 2 athletes. The CCA reserves the right to increase or decrease team size based on the suitability of the competition to the athlete's performance level.
- 11.3 **Eligibility:** All female athletes aged 17 and 18, who are Canadian citizens in possession of a UCI license with a nationality designation of CAN.
- 11.4 **Selection Date:** Immediately following the completion of all XCO competition at the National Championships. Athlete and Parent meeting to be held in the registration area at competition venue at 6:00pm for all junior riders who placed in the Top 2 on the officially posted results.
- 11.5 **Selection Pool Qualification:** Athletes will be automatically included in the Pool of athletes eligible for selection, upon meeting one of the following prioritized criteria.
- Top 2 riders at the 2012 National Championships
- 11.6 **Selection of Team:** In considering the riders to be selected to the Team for this project, the Selection Committee shall take into account the Selection Pool criteria for this project and Clause 10.1 of Part B.
- 11.1 **Funding and Project Information:** Project fees and information for the MSA and Windham World Cup will be posted to the CCA website at least one month prior to the MSA and Windham

World Cup. If an athlete is selected they will be required to pay a project fee (Estimated at \$600) prior to the commencement of the project. This fee includes ground transport from Nationals to the World Cups and back to Quebec City after Windham. Accommodations are included.

Flights to Nationals (via Quebec City) and the flight home from Quebec City after the Windham World Cup (including any change fees), meals and incidentals are the responsibility of the athlete.

This project is self-funded for all athletes.

- 11.2 **Remaining start allocation for riders without 20 points:** After the team has been selected the CCA, at its discretion, may choose to allocate extra start positions at the MSA and Windham World Cups for riders who do not have the necessary 20 UCI points required to enter the event. These positions will be determined solely on order of finish at the National Championships.

12 Category: Junior Men XCO World Cup #5 and #6 – MSA-Windham. June 18 – July 2, 2012

- 12.1 **Objective:** To increase race fitness, skill and tactical knowledge at the World Cup level.

- 12.2 **Team Size:** 2 athletes. The CCA reserves the right to increase or decrease team size based on the suitability of the competition to the athlete's performance level.

- 12.3 **Eligibility:** All male athletes aged 17 and 18, who are Canadian citizens in possession of a UCI license with a nationality designation of CAN.

- 12.4 **Selection Date:** Immediately following the completion of all XCO competition at the National Championships. Athlete and Parent meeting to be held in the registration area at competition venue at 6:00pm for all junior riders who placed in the Top 3 on the officially posted results.

- 12.5 **Selection Pool Qualification:** Athletes will be automatically included in the Pool of athletes eligible for selection, upon meeting one of the following prioritized criteria

- Top 2 riders at the 2012 National Championships

- 12.6 **Selection of Team:** In considering the riders to be selected to the Team for this project, the Selection Committee shall take into account the Selection Pool criteria for this project and Clause 10.1 of Part B.

- 12.7 **Funding and Project Information:** Project fees and information for the MSA and Windham World Cup will be posted to the CCA website at least one month prior to the MSA and Windham World Cup. If an athlete is selected they will be required to pay a project fee (Estimated at \$600) prior to the commencement of the project. This fee includes ground transport from Nationals to the World Cups and back to Quebec City after Windham. Accommodations are included.

Flights to Nationals (via Quebec City) and the flight home from Quebec City after the Windham World Cup (including any change fees), meals and incidentals are the responsibility of the athlete.

This project is self-funded for all athletes.

- 12.8 **Remaining start allocation for riders without 20 points:** After the team has been selected the CCA, at its discretion, may choose to allocate extra start positions at the MSA and Windham World Cups for riders who do not have the necessary 20 UCI points required to enter the event. These positions will be determined solely on order of finish at the National Championships.

13 Category: U23 Female XCO World Cup #5 and #6 – MSA-Windham. June 18 – July 2, 2012

- 13.1 **Objective:** To score U23 World Cup points and UCI points. To gain international experience.
- 13.2 **Team Size:** 2 athletes. The CCA reserves the right to increase or decrease team size based on the expert opinion of the National Team Coach and HPD.
- 13.3 **Eligibility:** All female athletes aged 19 to 22, who are Canadian citizens in possession of a UCI license with a nationality designation of CAN.
- 13.4 **Selection Date:** June 6, 2012
- 13.5 **Selection Pool Qualification:** Athletes will be automatically included in the Pool of athletes eligible for selection, upon meeting one of the following prioritized criteria.
- Any athlete who placed top 10 in the U23 Women's race at the 2011 MTB XCO World Championships, provided that athlete has demonstrated the ability to maintain a similar level of performance during the 2012 season as demonstrated by international performances and ranking.
 - Any U23 female who placed in the top 20 at a 2012 U23 World Cup event.
 - Any U23 female who has been selected to represent Canada at a 2012 U23 World Cup event.
 - The top ranked U23 female based on points earned at the 2012 Baie-St.-Paul and Hardwood Canada Cups only or next best ranked rider if already in the pool of eligible athletes.
 - Athletes nominated to the selection pool based on the expert opinion of the National Team Head Coach and HPD.
- 13.6 **Selection of Team:** In considering the riders to be selected to the Team for this project, the Selection Committee shall take into account the Selection Pool criteria for this project and Clause 10.1 of Part B.
- 13.7 **Remaining start allocation for riders without 20 points:** After the team has been selected the CCA, at its discretion, may choose to allocate extra start positions at the MSA and Windham World Cups for riders who do not have the necessary 20 UCI points required to enter the event. These positions will be determined solely on order of finish at the National Championships.

14 Category: U23 Male XCO World Cup #5 and #6 – MSA-Windham. June 18 – July 2, 2012

- 14.1 **Objective:** To score U23 World Cup points and UCI points. To gain international experience.
- 14.2 **Team Size:** 2 athletes. The CCA reserves the right to increase or decrease team size based on the expert opinion of the National Team Coach and HPD.
- 14.3 **Eligibility:** All male athletes aged 19 to 22, who are Canadian citizens in possession of a UCI license with a nationality designation of CAN.
- 14.4 **Selection Date:** June 6, 2012
- 14.5 **Selection Pool Qualification:** Athletes will be automatically included in the Pool of athletes eligible for selection, upon meeting one of the following prioritized criteria.
- Any athlete who placed top 10 in the U23 Men's race at the 2011 MTB XCO World Championships, provided that athlete has demonstrated the ability to maintain a similar

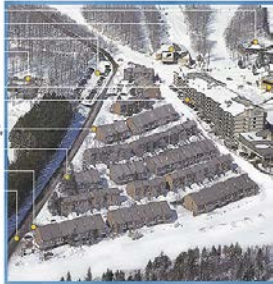
level of performance during the 2012 season as demonstrated by international performances and ranking.


- Any U23 male who has placed in the top 45 at a 2012 World Cup event.
- Any U23 male who has represented Canada at a 2012 U23 World Cup event.
- The top ranked U23 male based on points earned at the 2012 Baie-St.-Paul and Hardwood Canada Cups only or next best ranked rider if already in the pool of eligible athletes.
- Athletes nominated to the selection pool based on the expert opinion of the National Team Head Coach and HPD.

14.6 **Selection of Team:** In considering the riders to be selected to the Team for this project, the Selection Committee shall take into account the Selection Pool criteria for this project and Clause 10.1 of Part B.

Project Staff / Personnels du projet			
Name	Role	Phone	E-Mail
Dan Proulx	Head Coach	250.661.3155	Dan.proulx@canadian-cycling.com
Ian Hughes	Development Coach	450.521.5301	ian.hughes@canadian-cycling.com
Scott Kelly	Head Mechanic	519.803.6247	hugyourbike@hotmail.com
Adam Trotter	Assistant Mechanic		at@covebike.com
Tara Baker	Physiotherapist		Tarbaker@gmail.com
Nicholas Vipond	Manager	613 858 3131	Nicholas.vipond@canadian-cycling.com

ACCOMMODATIONS

Chalets Mont Ste Anne	
Check in: June 18 after 4pm	Check out: June 25
1 Beau Soleil Beaupré, Quebec G0A 1E0 Phone: (418) 827-5776 Toll-free: 1-800-463-4395 Fax: (418) 827-5984	
E-mail: info@chmsa.com Website: www.chmsa.com	

Comfort Inn Lake Placid	
Check in: June 25	Check out: June 26
Comfort Inn 2125 Saranac Avenue, Lake Placid, NY, United States +1 518-523-9555	
E-mail: Website: lakeplacidci.com	

The Thompson House	
Check In: June 26	Check Out: July 2
19 New York 296 Windham, NY 12496, United States (518) 734-4510	
www.thompsonhouse.com Breakfast and Dinner are included	

Mechanic(s)



Head Mechanic: Scott Kelly (Available Day or Night 519-803-6247)

Please ensure your bike is tuned and in proper working order before traveling to the project.

The mechanic(s) will be available throughout the project to assist with any issues that arise. Please ensure you bring any mechanical issues up to the mechanic(s) as soon as they arise so that they can be resolved before becoming a problem.

If you need work done on your bike, please fill out a work order so that the mechanic(s) know exactly what needs to be done.

Routes and Directions



Directions	Link
Quebec City Airport – Mont Saint Anne	http://goo.gl/maps/jcEd
Mont Sainte Anne – The Thompson House	http://goo.gl/maps/mS6e
The Thompson House – Windham Mountain	http://goo.gl/maps/sL2V
The Thompson House – Albany Airport	http://goo.gl/maps/VtJP
Albany Airport – Quebec City Airport	http://goo.gl/maps/hGpK

NATIONAL MOUNTAIN BIKE TEAM TO BRING LIST

CRITICAL ITEMS:

- Passport
- Address of your accommodations (may be required at customs)
- 2012 Bicycle racing license
- Credit Card (be prepared for potential bike fees at check in \$50-\$250)
- Debit Card
- Medical Insurance Information (CCA insurance is detailed in tech guide)
- Travel Visa if required
- Ear plugs and eye shades
- Contact #'s for staff: **Dan Proulx 250-661-3155 Scott Kelly 519-803-6247**
- Text your name to Dan and Scott if they don't have your # already

Bike Related Items – **BE PREPARED FOR ALL WEATHER CONDITIONS** –

- Check current baggage restrictions for the airline you are flying. They change regularly.
- Racing bicycle tuned and clean (packed and under weight limit/bag #)
- Shoes (packed in carry-on in case your bike is late and you must ride a spare bike)
- Helmet (packed in carry-on in case your bike is late and you must ride a spare bike)
- Glasses (packed in carry-on in case your bike is late and you must ride a spare bike)
- One set of CCA Cycling jersey and shorts (in carry-on just in case your other stuff gets lost)
- Bring all CCA cycling kit you own
- Pedals
- Head band
- Rain jacket
- Vest
- Arm warmers
- Leg warmers
- Knee warmers
- Booties
- Gloves (short/long finger)
- 3 sets of cycling kit (shorts and jersey or skinsuit)
- Tires (the tires you think you'll race on plus mud tires)
- Tire lever
- Spare inner tube
- Allen Keys
- Co2 Inflation system (Big Air in Shaving Kit)
- 6-8 water bottles clearly labelled with your name
- Extra Pins for numbers (sometimes you'll have #'s on your jersey)
- Electrical tape (you can fix anything)
- Extra derailleur hanger for your bike in case you catch a fun wrecker on the trail or in travel
- Mini-pump

Additional Clothing

- In addition to regular clothing items, please bring your CCA jacket if you have one and your CCA golf shirt if you have one.
- Rain jacket
- Some presentable casual clothing in case we attend an awards dinner or similar after the race (i.e. nice jeans, shoes, CCA polo, black jacket)
- Swim suit/shorts for contrast baths

Other

- Toiletries
- SRM/PowerTap with download cables
- IPOD
- Laptop with microphone for Skype
- Sunscreen
- Mosquito Repellent
- 8-12 energy bars
- Camelback bladder so you have an ample water supply to bring to venue
- Small daypack that can be used for trips to venue and can hold Camelback bladder if needed
- Contact lenses (2 sets extra)
- Prescription glasses
- Prescription medications and TUE Form already submitted www.cces.ca
- Cell phone charger
- Laptop charger
- Adapter for power outlets used in country you are travelling to
- Book/Magazine
- Maple Syrup in case you are really hungry or want to thank a kind volunteer or host house for their generosity

* If you are in school, if possible photocopy sections of your text book rather than bringing all of your books with you. If you are really tech savvy, scan the sections you need and save them onto your computer.

REMEMBER TO UPDATE YOUR WHERE-ABOUTS IF APPLICABLE

Go into your trip well prepared and well rested.

**Expect the unexpected.
Be patient.
Everything will work out fine.**

THIS DOCUMENT IS FOR PRE-SELECTION INFORMATION ONLY.
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UPON SELECTION, ATHLETES WILL RECEIVE AN OFFICIAL INVITATION AND TECHNICAL GUIDE THAT WILL INCLUDE DETAILS ON EVERY ASPECT OF THE PROJECT.