

2013 HIGH PERFORMANCE MTB PROGRAM



*Cycling***CANADA***Cyclisme*

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PLEASE NOTE: ALL PROGRAMMING IS SUBJECT TO CHANGE

1.0 Introduction

"The Mountain Bike program at [Cycling Canada].....has become a program other countries are looking to as the model for performance. We are viewed internationally as a cohesive team with a long term development plan that allows today's champions to mentor our future riders while taking advantage of the professional level of support Cycling Canada offers." – Catharine Pendrel



**Coaches and athletes from other nations observe Andréanne Lanthier-Nadeau on the rock drop
2012 UCI World Championships
(Photo: Bruce Davidson)**

CYCLING CANADA CYCLISME

NATIONAL MOUNTAIN BIKE TEAM

Vision:

Win an Olympic medal at the 2016 Olympics in Rio.
Top 3 in the UCI Nation's ranking for both women's and men's mountain biking by 2020.
Build the best Development program in the world by 2020.

Mission:

Empower athletes and coaches with a systematic approach to achieving international success.
Enhance quality daily training.
Build an environment where champions are inevitable.
Identify and develop talent earlier.

Core Values:

Contagious Optimism
Learning
Innovation
Hard Work
Integrity
Respect
Collaboration
Performance on Demand
Race Clean – Own Your Victory!



Geoff Kabush, 2012 Olympic Games, 8th Place.
Best ever Olympic finish by a Canadian male.
(Photo: National Post)

Quadrennial Plan at a Glance			
	High Performance	Performance Development	Talent Development
Year 1 2013	<p>Evaluation and refinement of previous quadrennial. New quadrennial planning. Olympic planning begins behind the scenes. Focus on World Champs.</p> <p>Development year for returning Olympians.</p>	<p>Identify and develop U23 athletes with the potential to reach the International performance curve as U23.</p> <p>Build toward World Championship medals as U23.</p> <p>High Performance Development opportunities for top <u>U26</u> athletes.</p>	<p>Athlete recruitment focus.</p> <p>Identify and support Cadet/Junior athletes and their coaches in the pursuit of the “gold medal standard” in training and competition. Mastery of fundamentals. Building the key components that lead to international success as U23’s.</p> <p>Build toward Top 10 @ Worlds</p>
Year 2 2014	<p>Identify High Performance athletes with potential to contribute points for Canada’s Olympic Qualification. Build results to insure best start position for 2015 points races. Olympic planning continues behind the scenes. Focus on Commonwealth Games and World Champs.</p>	<p>Identify and develop U23 athletes with the potential to reach the International performance curve as U23.</p> <p>Build toward World Championship medals as U23.</p> <p>High Performance Development opportunities for top <u>U25</u> athletes.</p>	<p>Athlete recruitment focus.</p> <p>Identify and support Cadet/Junior athletes and their coaches in the pursuit of the “gold medal standard” in training and competition. Mastery of fundamentals. Building the key components that lead to international success as U23’s.</p> <p>Build toward Top 10 @ Worlds</p>
Year 3 2015	<p>Olympic Qualification process for Nations begins. All riders agree to a points plan.</p> <p>Rehearse Olympic plan. Focus on Pan American Games as rehearsal event.</p> <p>Individual Olympic Qualification process begins at World Champs.</p>	<p>Identify and develop U23 athletes with the potential to reach the International performance curve as U23.</p> <p>Build toward World Championship medals as U23.</p> <p>High Performance Development opportunities for top U25 athletes.</p>	<p>Targeted recruitment.</p> <p>Identify and support Cadet/Junior athletes and their coaches in the pursuit of the “gold medal standard” in training and competition. Mastery of fundamentals. Building the key components that lead to international success as U23’s.</p> <p>Build toward Top 10 @ Worlds</p>
Year 4 2016	<p>Olympic Performance. Execute Olympic performance plan. Rio 2016.</p>	<p>Identification of 2020 Olympic performance pool. Provide opportunities to be involved in some elements of preparation for 2016 Olympic team when possible.</p> <p>Build toward World Championship medals as U23.</p> <p>High Performance Development opportunities for top U25 athletes</p>	<p>Targeted recruitment.</p> <p>Identify and support Cadet/Junior athletes and their coaches in the pursuit of the “gold medal standard” in training and competition. Mastery of fundamentals. Building the key components that lead to international success as U23’s.</p> <p>Build toward Top 10 @ Worlds</p>

Training Years	Age	UCI Category	Performance Trend
Year 16	28	Elite	Olympic Medal
Year 15	27	Elite	
Year 14	26	Elite	Elite World Champs Medal
Year 13	25	Elite	
Year 12	24	Elite	First Olympics
Year 11	23	Elite	Top 15 Elite World Cups
Year 10	22	U23	Medallist @ U23 Worlds
Year 9	21	U23	Top 10 @ U23 Worlds
Year 8	20	U23	Top 20 @ U23 Worlds
Year 7	19	U23	Top 30 @ U23 Worlds
Year 6	18	Junior	Top 10 @ Junior Worlds
Year 5	17	Junior	Top 20 @ Junior Worlds
Year 4	16	Cadet	
Year 3	15	Cadet	Develop speed and skill first
Year 2	14	Minime	Athletecism and Bike Agility
Year 1	13	Minime	
Previous Coached Sport			Key Performance Period



Frederique Trudel on her way to a 10th place finish at the World Junior Championships in Austria.

2.0 MTB High Performance and Performance Development Program

Date	Event	Location	Focus
Feb 14-24	Endurance Camp	Maui (USA)	U23 and Elite
March TBD	Technical Skills Camp	Victoria (CAN)	U23 and Elite
April 1-8	Continental Championships	Tucuman (ARG)	U23 and U26
May 13-26	UCI World Cup XCO 1 / XCE 1	Albstadt (GER)	U23
May 13-26	UCI World Cup XCO 2 / XCE 2	Nové Město na Moravě (CZE)	U23
June 10-16	UCI World Cup XCO 3 / XCE 3 / DHI 2	Val Di Sole (ITA)	Junior
July 22-28	UCI World Cup XCO 4 / XCE 4 / DHI 3	Vallnord (AND)	Elite
August 5-11	UCI World Cup XCO 5 / DHI 4	Mont-Sainte-Anne (CAN)	Junior
August 20 to Sept 2	UCI XCO/XCE/DHI/4X World Championships	Pietermaritzburg (RSA)	Junior, U23, Elite
September 9-16	UCI World Cup XCO 6 / XCE 5 / DHI 5	Hafjell (NOR)	Junior and U23



Emily Batty finishing 2nd at the 2012 UCI World Cup in South Africa.

(Photo: www.bikemag.com)

2013 PROGRAM OVERVIEW

The purpose of this section is to provide athletes and coaches with a preliminary overview of the National Team program for 2013. In the event of a discrepancy between this document and the 2013 Selection Policy Document, the Selection Policy Document shall take precedent. All events are subject to change.

FEBRUARY

National Team Training Camp – Maui, HI - February 14-24, 2013

Objective: Endurance
Category: Select U23 and Elite Athletes

This year's camp will be focused on building endurance.

This will be a road training camp. Sessions will be based on Deliberate Practice and Decision Training with specific emphasis on tactics and strategy. Athletes will complete extensive group training rides. Athletes will also participate in strength/flexibility maintenance sessions. There will also be athlete education seminars.

Team building and High Performance culture are key elements in each National Team Camp.



2012 National Team Camp

MARCH

Technical Camps – Victoria, BC

Objective: Technical Improvements
Category: Select U23 and Elite Athletes

A series of technical workshops aimed at improving technical skill. Selected riders will be notified of camp dates and training groups in mid-December.

APRIL

Continental Cycling Championships – April 1-8, 2013

Objectives: International Competition experience for Performance Development athletes.
Category: U23 and U26 athletes

An international competition aimed at U26 athletes who have demonstrated the potential to improve performance at the international level.

MAY

UCI World Cup #1 and #2 – Germany and Czech Republic – May 13-26, 2013

Objective: Improve performance level and ranking at the World Cup level.
Category: U23

This competition is aimed at our top performing U23 athletes. All athletes will compete in the ELIMINATOR and CROSS COUNTRY event at each World Cup.

JUNE

UCI World Cup #3 Italy – June 10-16, 2013

Objective: Improve performance level and ranking at the World Cup level.
Category: Junior

This competition is aimed at our top performing Junior athletes. All athletes will compete in the ELIMINATOR and CROSS COUNTRY event.

JULY

National Championships, Hardwood – July 15-22

Objective: Performance on Demand
Category: All categories

For the Juniors and U23 athletes, Nationals are a Performance on Demand event. In both categories, this event is a key qualification race for the World Championships and the Mont. Ste. Anne World Cup

(see selection document for official policies). It is critical for athletes to learn how to get their body and bike in peak condition for a single day of focused competition.

The National Championship race is becoming increasingly competitive in every category. To wear the National Champion's jersey is truly an honour.

This is an important opportunity for Canada's MTB community to come together and share in an atmosphere of excellence.

The Pan American Games in 2015 will be held on the same course used for Nationals. This is a good chance for all athletes to rehearse their performances. The Pan American Games will be an "A Team" High Performance event in 2015.

UCI World Cup #4 Vallnord, Andorra – July 22-28, 2013

Objective: Refinement of competition strategy

Category: This event not recommended due to scheduling and travel fatigue considerations.

Competition selection strategy is a critical element in international performance. It is clear that European nations frequently optimize the World Cup schedule to limit travel fatigue and to focus on key competitions.

The National Team will work with targeted athletes to gradually improve their competition selection strategy as the quadrennial progresses. The intention is to create an Olympic year where competitions are used strategically as preparation for Olympic performance.

AUGUST

UCI World Cup # 5- Mont Ste. Anne World Cup August 5-11, 2013

Objective: Improve performance level and ranking at the World Cup level. This is a learning opportunity for junior athletes and a professional development program for their coaches.

Category: Junior

This competition will focus on Junior athletes who perform well at the National Championships (team selected on Nationals results only – Performance on Demand). Athletes and a select group of coaches will be invited to attend the World Cup at Mont Ste. Anne as part of the National Team.

Athletes and coaches will attend group training sessions, education sessions and team building activities. This program will be lead by the National Team Development Coach.

UCI Mountain Bike World Championships Pietermaritzburg, South Africa – August 20-Sept. 2, 2013

Objective: Target specific medal potential events. Improve performance level and ranking for individuals and nation ranking in each category.

Category: Junior, U23 and Elite

This competition will be focused on our top performers in each category. The team size for this event will be smaller than in previous years due to the constraints of travel and logistics for this area. Athletes

should expect that the team size will be exactly as stated in the selection document or possibly smaller as determined by the needs of the National Team program.

Pending approval of the selection criteria, one position in the male and female Elite category will be reserved for U26 athletes only. In 2014, the same position will be transitioned to a U25 only position.

SEPTEMBER

UCI Mountain Bike World Cup Norway – September 9-16, 2013

Objective: Top 10 World Cup finishes in U23 or Junior.
Category: Junior and U23

Participation in this competition will be based on the performance trajectory of athletes closest to achieving top international performances (i.e. Top 5 or Top 10 performances).



**Catharine Pendrel on her way to winning the
2012 UCI World Cup in Houffalize, Belgium**
(Photo: Rob Jones, canadiancyclist.com)

NATIONAL TEAM PROGRAMS AND SERVICES

HIGH PERFORMANCE AND PERFORMANCE DEVELOPMENT – Elite and U23

The primary objective for the High Performance program is performance at the Olympic Games. The National Team supports and develops several of the World's best riders as they target medal performances in 2016. The planning, training, racing, and collaboration for this pinnacle event starts early in the quadrennial.

- 1) **Competition Support:** Coaching support is provided at World Cup and World Championship events throughout the year. The National Team provides feedback and strategic information in training and competition. Observation and video analysis are used extensively. The athlete's strengths and weaknesses are analyzed. The athlete's primary competitors are also analyzed. There is a strong emphasis on deliberate practice and decision training. The National Team aims to educate and empower athletes on how to improve their performances.
- 2) **Quality Daily Training:** The National Team provides a centralized training opportunity for selected High Performance and Performance Development athletes. The program is based in Victoria, BC. Coaching and support is driven by the National Team Head Coach. The program relies heavily on a positive group training environment to bring out the best in every athlete. This atmosphere produces amplified progressions in performance. The program is supported by a full array of IST support services for targeted athletes. The program includes athletes in residence and athletes who visit for specific training blocks throughout the year. The program also provides ongoing mentorship opportunities to aspiring coaches.
- 3) **Outreach Programs:** Coaching is also provided to targeted athletes from across the country through the National Team Outreach Program. This is an intensive program that utilizes World class coaching expertise; periodized yearly training plans; testing; daily training prescriptions; intensive monitoring and daily coach-athlete communication/feedback. The program is delivered using Training Peaks and is enhanced through the use of video conferencing and other technologies. Coach and athlete work together in-person at numerous training and competition opportunities throughout the competitive season. The program relies heavily on the use of training technology and pro-active communication on the part of athlete. Athletes must be highly self-motivated and have a strong sense of ownership in their training program. Athletes in this program are expected to maximize in-person coaching in training and competition environments.
- 4) **Integrated Support Team Services:** IST services are identified for each targeted athlete and provided by practitioners located in the athlete's training location. They are customized to address individual performance needs. IST support services (i.e. mechanic, soigneur, medical, sport science) and logistical support are also provided for targeted athletes at World Cup and World Championship events.
- 5) **Partner with professional teams:** The National Team continually develops working partnerships and synergies with professional teams. This helps to create future opportunities for all Canadian riders while supporting our best athletes to achieve international success.
- 6) **Communication with personal coaches:** The National Team will continue to improve feedback mechanisms for personal and provincial coaches so that the specific qualities required for success in each athlete can be fully addressed.
- 7) **Equipment Selection:** The National Mountain Bike Team will insure that our targeted athletes are racing on the best equipment possible. The National Team will implement an equipment selection policy that prioritizes performance at major international events where pro team athletes represent Canada. (i.e. use of R&D proven equipment customized for the athlete/OTP Top Secret Program).

8) **Targeted U25 Support:** The National Team also provides international racing opportunities to U25 athletes who are progressing toward the international performance curve as Elites. Typically, these athletes will have demonstrated medal potential at the international level as U23's. In some cases, the athletes may be late recruitment riders who are demonstrating rapid improvement toward the international performance curve. *Note: In 2013, this applies to U26. It will transition to U25 in 2014.*

9) **Performance Lifestyle:** In coordination with the Canadian Sport Centers/institutes, the National Team provides a number of educational opportunities for athletes throughout the year. The aim of these programs is to foster high performance culture on and off the bike. The program also plays a role in preparing athletes for life after sport. Athlete re-investment (giving back to the sport after you've retired) is guided and encouraged.

10) **Olympic and World Championship Performance Planning:** The National Team will continue to provide world leading performance plans and support for major international events like the World Championships and Olympic Games. The detailed planning and execution of these programs helps our athletes to perform better. Canada has already demonstrated that is one of the best prepared national teams on the international scene. We plan to improve! The goal is to create an environment where champions are inevitable.



Max Plaxton on his first World Cup podium finish at the 2012 UCI World Cup, Mont. Ste. Anne, Quebec. (Photo: Rob Jones)

3.0 Talent Development Program Cadets, Juniors, Late recruitment U23

The Talent Development program is comprised of Canada's best junior and late recruitment U23 athletes. It is lead by the National Team Development Coach. The long-term aim of the program is to consistently produce Juniors capable of top 10 results at the Junior World Championships. The program also guides late recruitment athletes who have demonstrated rapid improvement and potential to reach the international level of the sport as U23's.

- ✿ Inclusion of top junior riders in elements of the High Performance Development program.
- ✿ On-site coaching for resident and visiting athletes/coaches available in Bromont, Quebec.
- ✿ Outreach coaching provided by the National Team Development Coach throughout the year.
- ✿ Collaboration with clubs and Provinces who wish to develop cadet and junior MTB athletes.
- ✿ Mentorship of coaches who aim to build fun MTB programs in their local area.
- ✿ Feedback and observation at Canada Cup and other National level competitions.
- ✿ Camp opportunities in spring and summer that align with the Canada Cup schedule.
- ✿ World Cup and World Championship competition opportunities in accordance with the athlete's performance level.

TALENT DEVELOPMENT CAMPS (2 Days ::: 9 am to 4 pm)

Hardwood Hills, On	April 26 th and 27 th	(Fri and Sat before O-Cup #1)
Bromont, Qc	May 21 st and 22 nd	(Tue and Wed between CC #1 and #2)
Whitehorse, Yk	June 24 th and 25 th	(Mon and Tue after 24hr of light)
Sun Peaks, Bc	July 4 th and 5 th	(Thu and Fri before Sun Peaks CC #3)
Hardwood, On	July 16 th and 17 th	(Tue and Wed before Hardwood NCh)
Whistler, Bc	August 15 th and 16 th	(Thu and Fri before Whistler CC #5)



National Team Talent Development Camp in Canmore, Alberta
(Photo: Ian Hughes)

TALENT IDENTIFICATION – Cadet and Junior

It is critical that we identify and motivate young riders earlier.

Young athletes need a **FUN** and positive environment in order to succeed.

A fun club environment that is built around friendship and shared experience is best. Games and fun races help athletes to build the skill and agility needed to be World Class. Young athletes can learn to apply the core values of the National Team at an early age.

- ✿ Increase emphasis on Talent ID and recruitment. Identify athletes earlier (i.e. Cadet).
- ✿ Identify and grow talented coaches who can build fun programs that align with National Team.
- ✿ Identify and build upon fundamental skills required to progress toward Best in the World.
- ✿ Identify and nurture personal and athletic traits (i.e. work ethic, optimism, accountability, perseverance) that are essential to be Best in the World.
- ✿ National Talent ID program and hosting Talent ID days.
- ✿ Development Team Camps in coordination with the Canada Cup schedule.
- ✿ Outreach programs for PSO and Club programs.
- ✿ Database of Talent ID Coaches and Athletes
- ✿ Mountain bike specific LTAD model. Help parents, athletes and coaches to learn faster.

TALENT IDENTIFICATION DAYS (1 Day each ::: 9 am to 4 pm)

Baie St-Paul, Qc
Sun Peaks, Bc
Sudbury, On
Hardwood Hills, On

Sunday May 26th 2013
Sunday July 7th 2013
Saturday July 13th 2013
Friday July 19th 2013



Speed and skill development starts early in an athlete's career.
(Photo: bikemag.com)

4.0 Team Staff

Coaching Staff

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