



2013 JUNIOR MEN PROGRAM

Luc Arseneau, Development Coach



Camps

		Priority on this project:			
					B
26/12/2012	30/12/2012	London Track Talent ID Camp	CAN	Camp	Track
27/12/2012	30/12/2012	Burnaby Track Talent ID Camp	CAN	Camp	Track
01/01/2013	06/01/2012	Track Camp, Los Angeles	USA	Camp	Track
Winter 2013		Various Provincial Camps - Try to include some track into them	Various	Camp	Road/Track
Winter 2013		Track Camp (trials for international track events), Los Angeles	USA	Camp	Track

Notes:

Over the next quad, it'll be important for our development riders to understand they can greatly benefit from riding the track to develop new skills.

Spring Europe

		Priority on this project:			
					A
14/04/2013	14/04/2013	Grand Prix Bati-Metallo	BEL	1.1	Junior Jr - L2C
18/04/2013	21/04/2013	Belgium Kermesse	BEL	Kermesse	Belgium Jr - L2C
23/04/2013	24/04/2013	Track training - Roubaix, France	FRA	Camp	Track Jr - L2C
01/05/2013	05/05/2013	Course de la Paix Juniors	CZE	2.Ncup	Junior Jr - L2C

Notes:

The first switch this year in the junior program is to move from May to April for the spring program. This will offer the juniors a longer recovery time towards nationals as well as to step away from the school exam time. Note the inclusion of track training.

Domestic

		Priority on this project:			
					B
26/06/2013	30/06/2013	Canadian Road Championships [Junior] – Lac Mégantic, QC	CAN	CN	Canada Jr

Notes:

We need to start including some education session during this event.

Summer Canada-Europe

		Priority on this project:			
					A
16/07/2013	21/07/2013	Tour de l'Abitibi	CAN	2.1	Junior Jr - L2C
22/07/2013	02/08/2013	Belgium Kermesse	BEL	Kermesse	Belgium Jr - L2C
03/08/2013	04/08/2013	Le Trophée Centre Morbihan	FRA	2.Ncup	Junior Jr - L2C

Notes:

The second switch to our junior program will move the preparation time to early August vs. September (just before worlds). This puts to focus away from only worlds and offers a chance to participate at Track nationals.

Talent ID

		Priority on this project:			
					B
01/08/2013	04/08/2013	Tour de la relève internationale de Rimouski – Rimouski, QC	CAN	Cadet	Canada Cadet
21/08/2013	25/08/2013	Canadian Track Championships - Dieppe, NB	CAN	CN	Canada Cadet-Jr

Notes:

Include education sessions during the Rimouski event (and hopefully out west also) and also a camp during the Canadian Track Championships.

Worlds Preparation

		Priority on this project:			
					B
14/09/2013	15/09/2013	Keizer der Juniores	BEL	2.1	Junior Jr - T2C
23/09/2013	23/09/2013	Championnats du Monde UCI CLM/ UCI TT World Championships - MJ	ITA	CM	Worlds Jr - T2C
29/09/2013	29/09/2013	Championnats du Monde UCI CL / UCI RR World Championships - MJ	ITA	CM	Worlds Jr - T2C

Notes:

Limit the time overseas just before Worlds. A bit of the "doing it over and over again and expecting different results" theory.

Camps

		Priority on this project:			
					B
Fall-13	Fall-13	Track Camp, Los Angeles	USA	Camp	Track
Jan-14	Jan-14	Track Camp, Los Angeles	USA	Camp	Track

Notes:

By the conclusion of the 2013 road season, riders should now be ready to transition to the track/road program.