



CyclingCANADACyclisme

2013 HIGH PERFORMANCE PARA PROGRAM



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PLEASE NOTE: ALL PROGRAMMING IS SUBJECT TO CHANGE





1.0 Introduction

Inspired by the challenges our athletes have had to overcome to become para-cyclists Cycling Canada is passionate about the implementation of a performance system that will enable our athletes to reach new horizons on the road to podium performances. When para-cycling was introduced Canada was one of the first countries to embrace this cycling sport and has since known success internationally.

In Rio we will be targeting 4 combined road and track medals. Our system is continuing to develop under the leadership of Eric Van den Eynde & Sebastien Travers who have both demonstrated the capacity of recruiting and developing athletes capable of performing internationally in a turnover period of less than 2 years.



2.0 HP Road program

2013 represents the first season-year of our new quadrennial leading up to the Paralympic Games in Rio 2016!

The Para HP road program consists of an early season racing bloc in North-America, then will follow a European bloc (one World Cup only) directly followed by Canadian road & track championships. After a month without competition will come the last and not least road racing bloc on home soil (WC & WCC).

The objectives of the 2013 program will be:

- ✳ To gather valuable experience on the 2014 road world course (Greenville, VI)
- ✳ To remain a leading nation
- ✳ To evaluate road specific potential vs Track specific for C and B classes
- ✳ Experiencing tactics, technic in racing situation

The main goals of the 2013 program are:

- ✳ To medal at world cups
- ✳ To medal at road worlds
- ✳ To race and gain experience on 2014 road world championship course

2013 Calendar Link: <http://www.cyclingcanada.ca/sport/para-cycling>



Details on the proposed PARA HP Road program

Focus: Familiarization

JANUARY TO MARCH

- ✳ Contact targeted athletes about their training and racing program
- ✳ Contact P/TSO, provincial coaches and personal coaches about the 2013 racing program
- ✳ Open lines of communication with athletes regarding selection procedures for major events
- ✳ IST assessments with each targeted athlete (if required)
- ✳ CCES education

Focus: Specific race training through two P1 events

APRIL

A small group will be comprised of athletes who performed successfully at the international level in 2012 and met 100% of the National team standard.

- ✳ P1 in Greenville, US

Despite the fact that this is not a National Team event, National Team coaches will be at the 2013 Defi Spotif AlterGo to evaluate athletes and provide them support based upon needs.

- ✳ Provide a crucial opportunity to race on home soil
- ✳ Provide further development in international competitions for riders on the cusp of getting to the next level
- ✳ Provide quality training and racing experience for others
- ✳ Continue to build upon the professionalism of the National Team
- ✳ Prepare athletes to perform at the following World Cup in Europe
- ✳ Improve athletes self-management (warm-ups and racing day schedule)

MAY/MID-JUNE

This in between race period will serve the purpose of revisiting specific training leading up to the next road phase.

Focus: International exposure

JUNE

The HP team will travel to Europe to race the Spaniard world cup in Segovia where the goals are:

- ✳ Provide international racing experience
- ✳ Fast Track Performance Development athletes to the National team following the first two North-American events of the season
- ✳ Gather UCI points and World Cup points

Focus: Road Final World Cup & Road World Championships Performance

JULY - MID-AUGUST

Following Canadian Championships, this phase will see athletes training in their hometown to better prepare for the final world cup and world championships held in Quebec:

- ✳ Prepare Canadian athletes to be competitive at the Road World Championships with the goal to podium in the road race and time trial
- ✳ Optimally prepare our team for World Championships by offering a structured training plan
- ✳ Choose World's Team prior to last world Cup race and use that race as further prep for World's.
- ✳ Take advantage of provincial and local races to fine-tune racing abilities



3.0 HP Track Program

The Para Track HP program will again focus primarily on working with athletes over the course of the winter to ensure they arrive ready to perform for Canada.

Canadian Track Championships are to be held early July in Quebec, after road nationals. Track world championships will be the sole international event and national team project during the 2013-2014 seasons.

During this new quadrennial Cycling Canada will see a new international calibre indoor Velodrome (Olympic distance) in Ontario, in Milton as of Sept. 2014. This new Training and racing venue will be hosting the Toronto 2015 Para-pan am games.

Focus: Track World Championships Performance

JANUARY – FEBRUARY (MARCH)

Leading up to this phase, athletes will be training in their hometown and then with the national team for a 2 to 3 weeks camp on track (location to be determined based upon World CC location) to optimize performance and prepare for the 2014 world championships:

- ✳ Prepare Canadian athletes to be competitive at the Track World Championships with the goal to podium in single events as well as in mass events
- ✳ Prepare an optimal team for World Championships by offering a structured training plan on an indoor Track
- ✳ Introduce development athletes to a professional environment and support team
- ✳ Identify athletes from C and B classes who may become specialist on Track for the following 3 years leading to the Rio Games

4.0 Performance Development Road program

In 2009, Cycling Canada introduced a Development coach to the Para program. The Performance Development program is the last step before the HP team; racing opportunities are mainly on Canadian soil and complemented with specific training periods to optimize racing preparation and competitiveness.

The objectives for 2013 will be based on the LTAD with 2 main channels (& LTAD development stages)

- ✳ “Learn to compete”
- ✳ “Train to compete”

Focus: Familiarisation with professional environment and support staff

JUNE 21-28

Beside provincial, club races and an international race on home soil (*Defi Sportif AlterGo* in Montreal), opportunities will be given to Performance Development athletes to prepare adequately for Canadian road Championships by attending the preparation camp in Bromont where training will be under National team coaches supervision during training specific sessions as well as coach lead racing exercises.

- ✳ Training volume & race simulation will provide an opportunity for athletes to optimize their performance level
- ✳ Perform with the support of a professional support team and in a professional training environment
- ✳ Assess personal performance as well as team integration
- ✳ CCES learning sessions



Focus: International exposure

2nd HALF OF AUGUST

In preparation for the World Cup in Matane and the World Championships in Baie-Comeau a camp with the HP team will be conducted by Cycling Canada coaches, IST and admin. Staff

- ✳ Optimise team's preparation for world championships
- ✳ Provide an opportunity for developing riders to be immersed in a professional setting

5.0 Performance Development Track program

In 2013 the Track Performance Development team will be selected based upon results at Canadian Championships followed by potential new track racers (2 wheels bike classes only). Open communication with the Provinces and personal coaches will continue to identify emerging talent, convey the program details in a timely fashion.

Selection for the Track World Championship team will take place after Nationals in order for athletes to have personalized training prior to the final worlds' preparation.

- ✳ Opportunities will be given to have a specific training program in the lead-up to the 2-3 weeks preparation camp to be held in January/February
- ✳ Attend the preparation camp with para HP Track athletes
- ✳ Gather international racing experience in a foreign country (travelling, jetlag, indoor track, support team and staff, ...)
- ✳ Working closely with the IST staff

6.0 Talent ID & Dev. Program

Since the nomination of National Team development coach in 2009, Canada has shown great results by achieving 30-33% of medals at worlds with new athletes detected over the course of the same season (Fast track). On the other hand, a few experienced athletes have decided to retire and the need to renew and develop the team becomes even more crucial.

Given the decreasing participation at Canadian championships it appears vital to develop a critical mass of participants from which could be drawn and identified new competitors.

In order to further Development and talent ID programs, Cycling Canada is launching initiatives as of 2013.

- ✳ Financial incentive program to develop a coaching and support network from Coast to Coast
- ✳ Empowering P/TSO to support and promote Para-cycling
- ✳ Integrating Para at provincial and club level races
 - 1st priority : Individual racing / Time trials, track events
 - 2nd priority : Mass racing / Road race, track events (C4-C5, ...)
- ✳ Develop Para specific testing protocols with IST specialists
- ✳ Develop a database with ideal profiles for each specific class and categories to determine competitive profiles. This will help in determining appropriate and custom development plan
 - Fast track
- OR
- Medium to Long term Development
- ✳ CCES education



Focus: Introduction to para-cycling and to ncompetition

APRIL to JUNE

Between *Defi Sportif* and the *Segovia Road World Cup*, National team coaches in collaboration with P/TSO and other stakeholders will manage local camps:

- Eastern Canada
- Central Canada
- Western Canada
 - ✳ Increase the pool of riders
 - ✳ Supporting Cycling and Para stakeholders in putting into practice the Para LTAD
 - ✳ Testing and communicating protocols to relevant stakeholders
 - ✳ Identify potential competitors for further follow-up and observation at official racing events

- Bromont/Lac Mégantic (**prior to Canadian Road Championships**)
 - ✳ Prepare new Canadian para-cyclists to be competitive at Canadian Road Championships
 - ✳ Introduce new potential athletes to the National Team(NT) coach and NT system
 - ✳ Provide an opportunity for developing riders to be immersed in a professional setting
 - ✳ Gathering valuable from testing to develop a database of physiological markers to draw “ideal competitive profile” per class

SEPTEMBER / OCTOBER

At the end of the road season, Talent ID & Dev. camps shall be organized but are subject to budget and level of participation.

7.0 Conclusion

Our performance at the London Paralympic Games as well as at the 2011 Para-pan am and 2010 &2011 world championships showed that Canada is competitive and our programming are heading in the right direction. That said we did witness other nations having specialised their athletes at timed or individual events at the 2012 Games; therefore in 2013 onward Cycling Canada will see our team identifying athletes’ strength and abilities to target either track or road.

In general, it will be a focused Para Road Cycling program, with road world championships on home soil that will provide for optimal Canadian participation and exposure. The Para Track Cycling program will be limited to world championships at a date and location to be determined. As in the past years Track racing takes place during the winter period which will divide the season in two distinctive racing periods.



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