



2013 U23 PROGRAM

Luc Arseneau, Development Coach



Camps

			Priority on this project:			B
Winter	Various Provincial Camps - Try to include some track into them	Various	Camp	Road/Track		
Winter	Cycling Canada Track Camp(s)	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 project - Nation Cups

			Priority on this project:			C
06/04/2013	06/04/2013	Ronde van Vlaanderen Beloften	BEL	1.Ncup	Europe	U23 - L2W
10/04/2013	10/04/2013	La Côte Picarde	FRA	1.Ncup	Europe	U23 - L2W
13/04/2013	13/04/2013	ZLM tour	NED	1.Ncup	Europe	U23 - L2W
16/04/2013	20/04/2013	Toscana-Terra di ciclismo-Coppa delle Nazioni	ITA	2.Ncup	Europe	U23 - L2W

Notes:

This Learn to Win project will be based on these four Nations Cup (and more then likely the initial 3 on the calendar). Selections to be made based on past performances of the riders.

Spring Europe

			Priority on this project:			A
23/04/2013	24/04/2013	Track training - Roubaix, France	FRA	Camp	Track	U25 - T2C
26/04/2013	12/05/2012	Belgium Kermesse	BEL	Kermesse	Belgium	U25 - T2C
09/05/2013	12/05/2013	Rhône-Alpes Isère Tour	FRA	2.2	Europe	U25 - T2C
16/05/2013	19/05/2013	Ronde de l'Isard	FRA	2.2U	Europe	U23 - T2C
19/05/2013	26/05/2013	An Post Ras	IRL	2.2	Europe	U25 - T2C
24/05/2013	26/05/2013	Course de la Paix U23 / Závod Míru U23	CZE	2.2U	Europe	U23 - T2C

Notes:

To avoid exam conflict, I suggest we move to May (vs April) for our U23 (Learn to Compete) Spring program. This would also enable our riders to be more ready for better racing. Intergration of U25 development riders will greatly be considered, thus, the reason why I'm suggesting two possibilities with a U23 (Rhône-Alpes, Isard, Paix) or a U25 (Ras). Note the inclusion of track training.

Summer Canada

			Priority on this project:			A
07/06/2013	09/06/2013	Coupe des nations Ville Saguenay	CAN	2.Ncup	America	U23 - L2W
11/06/2013	16/06/2013	Tour de Beauce	CAN	2.2	America	U25 - L2W

Notes:

Important to have our best U23 riders in Saguenay for both the Nations Cup and America Tour. The Beauce team will likely be a different roster.

Domestic

			Priority on this project:			B
20/06/2013	23/06/2013	Canadian Road Championships [Elite, U23] - Ville St-George, QC	CAN	CN	Canada	U23
10/08/2013	17/08/2013	Canada Games - Sherbrooke, QC	CAN	1.2U	Canada	U23
21/08/2013	25/08/2013	Canadian Track Championships - Dieppe, NB	CAN	CN	Canada	U23 - T2C

Notes:

No european August program this summer as it would conflict with the Canada Games.

Worlds Preparation

			Priority on this project:			A
03/09/2013	08/09/2013	Tour of Alberta	CAN	2.1	America	U25 - L2W
13/09/2013	13/09/2013	Grand Prix Cycliste de Québec	CAN	WT	World Tour	U25 - L2W
15/09/2013	15/09/2013	Grand Prix Cycliste de Montréal	CAN	WT	World Tour	U25 - L2W
23/09/2013	23/09/2013	Championnats du Monde UCI CLM/ UCI TT World Championships - MU	ITA	CM	Worlds	U23 - L2W
28/09/2013	28/09/2013	Championnats du Monde UCI CL / UCI RR World Championships - MU	ITA	CM	Worlds	U23 - L2W

Notes:

Very important to be able to use our Canadian races to prepare our best U23 for (1) World Championships and (2) make it to the big leagues.

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.