



# Cycling**CANADA**Cyclisme

## NextGen Men's Track Endurance & Road

### U23 & U19

By Ian Melvin (Track) & Luc Arseneau (Road)

*EFFECTIVE Jan. 1, 2015*

*Note: It is to be noted that elements mentioned in this program may change throughout the season due to funding restrictions, race cancellations or other elements that may not be controlled by Cycling Canada. In the case where there are changes to the program Cycling Canada will endeavor to notify all affected persons in a timely manner.*

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**1. THE PROGRAM**

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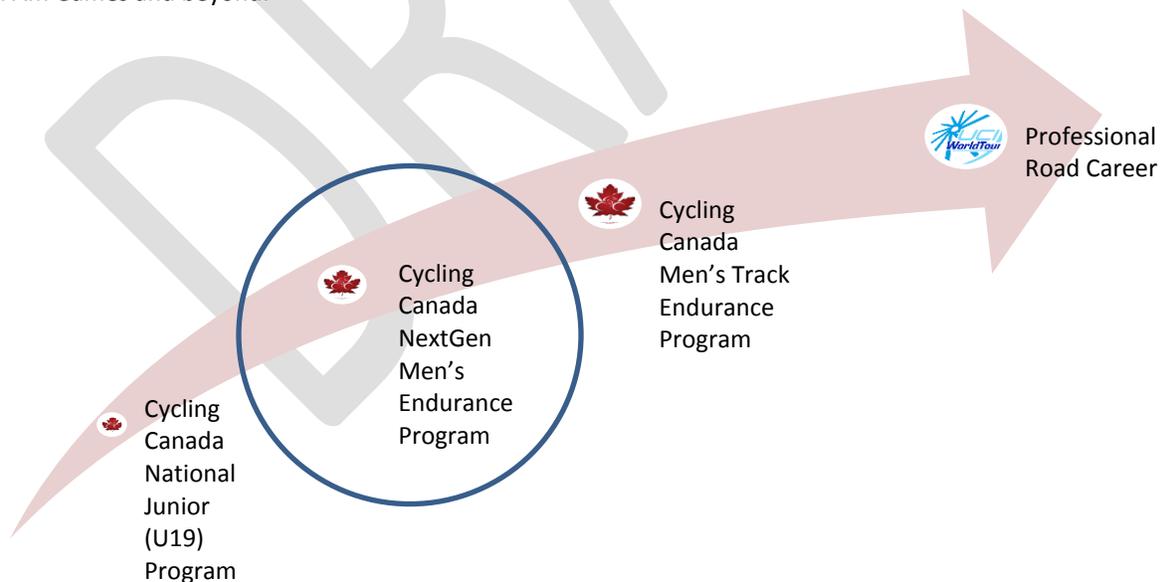
***Our vision... To create a World Class Men's Track Endurance program that will be medal competitive by Tokyo 2020 Olympic Games. Underpinning this vision will be a committed U23 endurance program for emerging talent supported by world class infrastructure and ambitions creating a long-term career pathway towards World Tour professional status.***

It is well documented that track cycling is a leader in youth development and a long term career pathway towards professional road status. Many nations have proven this over the years and continue to do so today; e.g. GBR, AUS, DEN, NZL, SUI, etc. Canada, with the opening of the Mattamy Homes Cycling Center, built for the 2015 Pan-American Games, now has the crucial tool to allow us to follow in these footsteps.

A World Class Team Pursuit program relies on the identification of young emerging talent with appropriate physiology and skill sets. These riders will have to commit to a year-round training and international racing program leading up to the ultimate goal: a world class performance at the Olympic Games in Tokyo 2020.

To support the development of the program and to underpin its track performances, a strong road program is required to maximise the physiological preparation needed to deliver on the boards. Such a program will also offer these young cyclists the best possible opportunity to develop towards a long-term professional road career through a developing network of connections with professional agents and Pro-Continental and World Tour teams.

In the spring of 2015, the merge of the track and road programs will take a fundamental turn with the creation of Cycling Canada's NextGen U23 Men's Track Endurance Program. A core group of riders will head to Europe to participate in a planned calendar of road events to provide the necessary road preparation for the 2015 Toronto Pan Am Games and beyond.



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## **2. THE PLAN**

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To develop from the current level of performance to world class in just a handful of years is ambitious and requires clear, objective and measurable goals. To better define the planned development within the program, maintaining clear focus on the single long term goal of being medal competitive by Tokyo 2020, the following short to medium-term goals have been established:

### **2015/16**

Following a complete 15 months of training and talent identification, the group is now ready to head to Europe as its first year of the NextGen U23 Men's Endurance Program. Goals for 2015/16 are:

- **Track Results:** sub-4:06 TP time (sea level) and Top 12 nation (World Championships)
- **Track Competition focus:** PanAm Games and World Championships
- **Road Development:** Network and relationship development
- **Road Competitions:** European full season to include the An Post Ras, the Tour de la Manche, 3 Nations Cup, Tour de Namur, etc.
- **Number of riders:** 7 identified cyclists will be part of the core group

### **2016/17**

As an Olympic year, the focus will be for an extended road program through the summer months with no Games focus in the year

- **Track Results:** sub-4:03 TP time (sea level) and Top 8 nation (World Championships)
- **Track Competition focus:** World Championships
- **Road Development:** First Professional (Pro-Conti / World Tour) contract is signed
- **Road Competitions:** World wide calendar
- **Number of riders:** 8-10 identified cyclists will be part of the core group

### **2017/18**

One year out from the Tokyo Olympic qualification beginning, competitive performances are crucial to establish our status as a World Class Team Pursuit program.

- **Track Results:** sub-4:00 TP time (sea level) and Top 6 nation (World Championship)
- **Track Competition focus:** World Championships
- **Road Development:** Second Professional (Pro-Conti / World Tour) contract is signed
- **Road Competitions:** World wide calendar
- **Number of riders:** 10-12 identified cyclists will be part of the core group

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### **3. 2015 CYCLING CANADA NEXTGEN U23 RIDERS**

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In 2015, the core group of cyclists as part of the NextGen Men's Track Endurance Program will be existing U23 track riders committed to the long term success of Cycling Canada's Team Pursuit program. Due to the evolving nature of the program, the number of riders will be limited in the first year with additional established road riders completing the roster as required. As the program evolves, the goal is to secure a roster of riders 100% committed to the program year-round.

The core group is composed of U23 riders having met Cycling Canada's National or International track time standards as well as any transitioning junior rider from either track or road considered by NextGen coaches to have long term international potential. Other riders may be added to specific races and projects based on Cycling Canada's selection process.

For 2015, riders completing the NextGen Men's Endurance Program are:

- Aidan Caves, BC
- Alec Cowan, AB
- William Elliott, ON
- Adam Jamieson, ON
- Eric Johnstone, AB
- Sean Mackinnon, ON
- Edward Walsh, NS

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### **4. PARTNERS**

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The NextGen U23 Men's Endurance Program is a Cycling Canada funded national program. Our official partners therefore in 2015 are:

- Own The Podium
- Global Relay
- LOOK
- Louis Garneau

With the program still in its infancy, selected riders within NextGen U23 Men's Endurance Program will be asked to invest in their respective career. It's something we'd like to avoid, but it is a necessary step within the program at the moment as it evolves and grows.

In addition to the national support identified above, further funding has been sourced through private donations amounting to \$150,000 over 3 years. This has allowed the core-group of riders to be supplied with all of their major equipment needs – bikes, training/race wheels, etc.

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## **5. THE COACHES**

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With the support of Own The Podium and other partners, Cycling Canada will have two coaches overseeing this program.

- **Ian Melvin (NextGen Track Coach)**

Ian moved to Cycling Canada in June 2013 after several years working within the Australian Institute of Sport system. There, heading up a provincial feeder program, Ian's riders won over 10 junior World track Championships and his alumni have gone on to sign contracts with leading professional teams Orica-GreenEDGE, Saxo-Tinkoff and BMC. In 2014, Ian led Canada's new Men's Track Endurance program through a series of identification and development camps before introducing them on the world stage at the Commonwealth Games followed by a full UCI Track World Cup season.

- **Luc Arseneau (NextGen Road Coach)**

Luc has been part of Cycling Canada's organization since 1995. First under contractual basis, he then took the role of Head Coach of the National Cycling Centre – Atlantic Canada in 2001. In 2009, he became the National Road Development coach to take care of the Junior and Espoir men's programs. Along the way, Luc was also part of the staff group for the Pan-Am Games (2003 in Santo-Domingo and 2007 in Rio), the Paralympic Games (2004 in Athens and 2008 in Beijing) as well as the 2010 Commonwealth Games in Delhi.

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## **6. IST**

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IST support is offered to the Cycling Canada Men's (U23) Endurance program through the following staff:

- Michel L'Hoest – Soigneur
- Eddy Poisley – Soigneur
- Marie-Claude Abourousse – Soigneur
- Emily Wood – Physiologist
- Christine Dziedzic - Nutritionist
- Dan Peters – Mechanic
- Shawn Marshall – Mechanic
- Andy Froncioni – Aerodynamics
- Roger Friesen - Sport Psychologist
- Dave Haanpaa – Road & Track Coordinator
- Jessika Grand Bois – Logistics

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**7. U23 TRAINING AND COMPETITION CALENDAR**

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A successful program cannot be complete without a proper racing calendar. Most importantly, every race must include a proper preparation! These young riders can't enter a race we feel they will not be properly prepared for. Every race has the intention of getting ready for the next step, whether this being the next track World Cup season or the eventual World Tour contract.

## March

- Road Camp, (ESP)

## April

- Ronde Van Vlaanderen (BEL), 1.Ncup
- La Côte Picarde (FRA), 1.Ncup
- ZLM Roompot Tour (NED), 2.Ncup
- Track Camp (Alkmaar, NED)

## May

- Eschborn-Frankfurt (GER), 1.2U
- Tour de la Manche (FRA), 2.12
- An Post Ras (IRL), 2.2
- Copa Cuba de Pista (CUB)

## June

- Toronto 2015 PanAm's prep Track Camp (Milton, ON)
- Air Force Classic (USA), NCC
- North Star Grand Prix (USA), NRC
- Toronto 2015 PanAm's prep Track Camp (Milton, ON)
- Canadian U23 Road Championship (Beauce, QC)

## July

- Toronto 2015 Pan Am Games
- Internatie Reningelst (BEL), 1.12

## August

- Kraainem (BEL), 1.12
- Tour de Namur (BEL), 2.12
- Ronde Van Oost-Vlaanderen (BEL), 2.12
- Omloop van de Grensstreek (BEL), 1.12
- Tour do Rio (BRA), 2.2

## September

- Pan Am Track Championships (CHI)

## October

- Canadian Track Championship (Milton, ON)
- Milton International Challenge (Milton, ON)

## November

- UCI Track World Cup #1

## December

- UCI Track World Cup #2
- Road Camp (California, USA)

## January

- UCI Track World Cup #3
- Road Camp (California, USA)

## February

- UCI Track World Championship

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## **8. ENSURING OUR FUTURE**

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A strong early talent identification plan is crucial for the long-term success of the NextGen Men's Track Endurance program. As such the coaches will be working closely with the respective Provincial cycling organization's and their coaches to ensure appropriate identification and development opportunities are offered.

From the provincial level, the first point of contact will be the Junior National Program. Based on a similar training model and with identical philosophies, the best emerging young riders will be able to transition into the U23 program without hesitation. The seven identified riders in 2015 are all products of this junior national program, but it must be built upon to meet our objective of having 10-12 riders on the NextGen U23 roster by the 2016-17 season.

Reflecting the seamless integration of what were once separate U23/Elite programs, the 2015 Junior Men's program follows suit:

- April
- UCI Junior Track World Championship Trials (Milton, ON)
- May
- European Road Project 1
    - Tour du Morbihan (France - Nation Cup)
    - Tour des Pays de Vaud (Switzerland - Nation Cup)
  - UCI Track World Championship Camp #1 (Milton, ON)
- July
- Canadian Junior Road Championship – selection to UCI Junior Road Worlds pool
  - America / Europe Project 2
    - Tour de l'Abitibi (Canada - Nation Cup)
    - Liège-la-Gleize (Belgium)
    - Ronde des Vallées (France)
- August
- UCI Junior Track World Championship Camp #2 (Alkmaar, NED)
  - UCI Junior Track World Championship (Astana, KAZ)
- September
- UCI Junior Road World Championship Camp
    - Green Mountain Stage Race (Burlington, VT)
    - Preparation Camp (Bromont, ON)
  - UCI Junior Road World Championship (Richmond, USA)

By default, once named into a national junior program, riders will become an Associate Rider within the Cycling Canada NextGen Men's Endurance program. Furthermore across the next 12 months, NextGen coaches will work with Provincial coaches to establish a calendar of development camps and activities for identified development athletes showing potential for progression into the Cycling Canada NextGen Men's Endurance program.

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## **9. SELECTION CRITERIA**

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The following criteria is used to select athlete's into the Cycling Canada NextGen Men's Endurance program:

### Men's U23 – Core Group

- a. Any U23 rider meeting either a Cycling Canada National or International Track time standard ([Cycling Canada Track Time Standards](#))
- b. Any transitioning Junior rider having met the Cycling Canada Junior track time standard
- c. Further discretionary selections may be made as follows:
  - i. Any transitioning Junior rider who the coaches believe has the appropriate physiological and psychological potential to represent Canada at an Elite level
  - ii. Any existing U23 rider who the coaches believe has the appropriate physiological and psychological potential to represent Canada at an Elite level

### Men's U23 Supplemental riders – as required to complete a project roster depending on race quota's

- a. Euro Spring – Nation Cup
  - i. 1 to 2 riders selected from:
    1. Proven International (UCI) race results in 2014
    2. Medalist in 2014 Canadian National Road Race or Individual Time Trial Championship
    3. Potential to represent Canada at an Elite benchmark event
- b. Euro Summer – Belgian calendar
  - ii. 2 to 4 riders selected from:
    1. Medalist in 2015 Canadian National Road Race or Individual Time Trial Championship
    2. Potential to represent Canada at an Elite benchmark event
    3. Potential to be selected for 2016/17 Cycling Canada NextGen Men's Track Endurance program

### Men's U19 – Associate rider

- a. Junior Track – Please refer to Cycling Canada [Specific Selection Policy for the 2015 Junior Track Worlds](#)
- b. Junior Road – Please refer to Cycling Canada [Specific Selection Policy for the 2015 Junior Road Worlds](#) when it is published here.