



CyclingCANADACyclisme

2015-2016 MOUNTAIN BIKE PROGRAM

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PLEASE NOTE: ALL PROGRAMMING IS SUBJECT TO CHANGE

The purpose of this document is to provide an overview of the upcoming mountain bike season. It is important to note that programming may change at any time due to financial circumstances, staffing, changes to the international racing calendar, etc.



1.0 INTRODUCTION

The 2016 season will be focused on athletes with the potential to earn medals at the Olympic Games in Rio. The program will also help 2020 podium pathway athletes to increase their knowledge of the Olympic preparation process; and improve their performance level in World Cup and World Championship competitions.

2016 NATIONAL MOUNTAIN BIKE TEAM STRATEGIC PRIORITIES

- Focus support on 2016 Olympians with medal potential
- Provide more international racing opportunities for 2020 Podium Pathway athletes
- Use the Podium Pathway to help riders develop realistic progression goals in the sport
- Full integration of the NextGen MTB program into the National Team system
- Refine World Leading daily training environment at CSI-Pacific and Bear Mountain Resort
- Provide appropriate international training and competition opportunities for Junior athletes

This document details the objectives for the 2016 National Team Mountain Bike program. It is organized by category to allow for easy reference. Documents to be consulted simultaneously include the National Team Program calendars and Selection Policies. These documents will be published on the Cycling Canada website at: www.cyclingcanada.ca. In the event of a discrepancy between this document, the National Team Program or other information, the official Selection Policy document shall always take precedence.

2.0 Elite Mountain Bike Program

The primary objective of the Elite Mountain Bike program is a medal performance at the Olympic Games in Rio. Simultaneously, the program must also ensure that our 2020 podium pathway athletes get the competition opportunities they need to continue their progression in World Cup and World Championship competition.

In recent years, the National Team program has developed a strong cohort of athletes who have advanced in the Elite category. We have seen these athletes mature into riders capable of challenging for any position within the National Team. To insure the continued progression of the program, we must increase the number of opportunities for them to compete as part of the National Team. The aim is to advance athletes who have demonstrated rapid progression and performances consistent with the podium pathway.

STRATEGIC PRIORITIES - Elite Mountain Bike Program:

- Empower 2016 medal potential athletes with the guidance and support needed to ensure success
- Increase international competition opportunities for 2020 podium pathway athletes
- Provide more positions for rapidly improving riders at World Cup and World Championship competitions
- Capitalize on the daily training environment at CSI-Pacific and Bear Mountain Resort
- Use the Podium Pathway to help riders assess their current performance level develop realistic progression goals toward podium

PERFORMANCE GOALS 2016 - Elite Mountain Bike Program:

- Medal performance at the Olympic Games in Rio
- World Cup win for women



Competition and Camp Calendar - Elite Mountain Bike Program:

The Elite Mountain Bike Program is comprised of the following main competitions and camps:

COMPETITIONS

April 18-April 24	World Cup #1	Cairns AUS
May 23-June 5	World Cup #2 and #3	Albstadt GER and La Bresse FRA
June 27-July 10	World Championships and World Cup #4	Nova Mesto CZE and Lenzerheide SUI
August 1-5	World Cup #5	Mont-Ste-Anne CAN*
Aug. 15-21	Olympic Games	Rio BRA

TRAINING CAMPS

Feb 22-Mar 6th	National Team Camp – Bear Mountain Resort	Victoria CAN
Ongoing	Coached training environment – (DTE)	Victoria CAN

**Athletes represent their professional/trade teams. Coaching support from National Team.*

3.0 U23 MOUNTAIN BIKE PROGRAM

The primary objective of the U23 Mountain Bike Program is to identify, develop and support athletes who have the potential to achieve top 10 results in World Cup and World Championship competition. Riders should advance from the U23 category with results that put them on the podium pathway for the Elite category.

As recent years have demonstrated, a strong investment in the U23 category improves our depth and performance level in the Elite category within a relatively short time period. U23 athletes are the building blocks of our elite program. It is important that Canada consistently produce a strong cohort of U23s if the strength of the overall program is to be maintained.

STRATEGIC PRIORITIES – U23 Mountain Bike Program:

- Provide international racing experience to U23 athletes on the podium pathway
- Provide world class coaching and IST support to U23 athletes through the NextGen MTB program
- Use the Podium Pathway to help riders assess their current performance level develop realistic progression goals toward podium
- Strengthen the level of coaching support to U23 athletes striving to reach the podium pathway

PERFORMANCE GOALS 2016 – U23 Mountain Bike Program:

- Top-10 finish for women at the World Championships
- Top-20 finish for men at the World Championships
- Top-8 finish for women in a World Cup
- Top-15 finish for men in a World Cup
- Medal performances for men and women at Continental Cycling Championships

COMPETITIONS

April 18-April 24	World Cup #1	Cairns AUS
May 23-June 5	World Cup #2 and #3	Albstadt GER and La Bresse FRA
June 27-July 10	World Championships and World Cup #4	Nova Mesto CZE and Lenzerheide SUI
August 1-5	World Cup #5	Mont-Ste-Anne CAN*

TRAINING CAMPS

Feb 22-Mar 6th	National Team Camp – Bear Mountain Resort	Victoria CAN
Ongoing	Coached training environment – (DTE)	Victoria CAN

**Athletes represent their professional/trade teams. Coaching support from National Team.*



4.0 NextGen at Canadian Sport Institute - Victoria

The NextGen program for MTB is a key pillar in Cycling Canada's national team strategy. The NextGen program is based at CSI-Pacific in Victoria. Each year, Canada's best Junior and U23 athletes will have the opportunity to apply for inclusion in this program. Key features of the program include:

- Quality daily coaching and world leading daily training environment
- World class facilities at the Canadian Sport Institute – Pacific and Bear Mountain Resort
- World class mountain bike trails and weather that enables on-trail training all year
- Temperate climate enables year-round outdoor training on the bike for road and MTB
- Sport science and health services provided through NextGen specific IST team on-site
- Equipment and travel support for targeted athletes accepted into the program
- Integration with Sport School and post-secondary studies
- Integration with Elite National teams daily training environment

This program aligns with NextGen programs found in all Own the Podium supported sports in Canada.

5.0 JUNIOR MOUNTAIN BIKE PROGRAM

Ideally, athletes who qualify for a National Team project have been training as cyclists or in another endurance sport for some time under the guidance of an NCCP-certified and experienced coach. The aim of the National Team junior program is to support athletes and coaches in their effort to prepare athletes for long-term success in the sport. At this level, we anticipate that athletes will develop a high degree of speed and skill and an ever-improving overall training capacity. Successful athletes at this level typically come from programs with a quality daily training environment (DTE) and quality coaching. The program relies heavily on the expertise of club and provincial coaches who begin working with athletes in a systematic manner at an early age – following the MTB LTAD model. The Junior program places a strong emphasis on athlete and coach development. It's important that Canada provide a systematic and effective program for developing its future champions. The program also has to be fun if it's to be successful in the long-term. Fun is fast!

PERFORMANCE GOALS 2016 – Junior Mountain Bike Program:

- Top-15 finish for women at the World Championships
- Top-15 finish for men at the World Championships

Competition and Camp Calendar – Junior Mountain Bike Program:

The Junior Mountain Bike Program is comprised of the following main competitions and camps:

COMPETITIONS

March 31-April 11	Junior Series Races	Switzerland and Germany
June 27-July 4	World Championships	Nova Mesto CZE

TRAINING CAMPS

March 6-12	Junior National Team Camp	Victoria CAN
June 6-10	Junior World Championships Team Camp	Hardwood CAN
Ongoing	NextGen Mountain Bike Program @CSIPacific	Victoria CAN
Ongoing	Junior Development Camps and DTE	Bromont CAN

** All Junior races and camps listed above are fully self-funded.*



6.0 TALENT DEVELOPMENT PROGRAMS

The Junior Development program is comprised of cadet and junior athletes. The long-term aim of the program is to consistently identify athletes, coaches and programs with the potential to reach progress along the Podium Pathway.

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.

Key features of the program include:

- Identify athletes earlier (i.e. Cadet).
- Identify and grow talented coaches who can build fun programs that align with National Team.
- Build upon fundamental skills required to progress toward the Podium Pathway.
- Develop personal and athletic traits (i.e. work ethic, optimism, accountability, perseverance) that are essential to success.
- Create a Development Team Camps schedule in coordination with the Canada Cup schedule.
- Offer an outreach programs for PSO and Club programs – camps held in coordination with PSO development initiatives.
- Integrate the 2016 MTB LTAD into the club and provincial program structures.

TRAINING CAMPS

May 16-19	Junior Development Camp	Bromont CAN
June 13-17	Western Development Camp	TBA
Ongoing	Junior Development Camps and DTE	Bromont CAN

* Other camps to be added in Eastern and Western Canada with the participation of PSOs and in coordination with the 2016 Canada Cup schedule

7.0 Downhill Program

In 2016, the DHI World Championships will be held in Val di Sole, Italy. Since this championship will be held at a separate location from the XCO World Championships, the DH program will develop a sport specific working group ("the DH Working Group") to plan and implement the logistics for this competition. The working group will be comprised of representatives from Cycling Canada and the Canadian DH community. The aim is to further develop the DH program so that it fully meets the needs of DH riders aiming to represent Canada at the top of the podium. For more information on the DH working group, please email Jennifer.mahoney@cyclingcanada.ca

8.0 Conclusion

2016 will be an exciting year highlighted by the Olympic Games in Rio. While we pursue the highest level of performance possible at this event, the program will also work to strengthen our potential for the 2020 Olympics. It is clear that we have a cohort of athletes on our team who are poised for success in the short and long term. It's an exciting time to be part of this program! #momentum!

The road to an Olympic medal can be a 10-15 year process. Achieving success in a shorter period of time requires a world leading training and competition program that is targeted at those who have demonstrated the strongest likelihood of success. Initiatives like the NextGen MTB program and the training centre at Bear Mountain will help Canada to provide a quality daily training environment for our best athletes on a year-round basis. Combining these programs with the incredible work already being done by athletes and coaches throughout Canada will certainly create an environment where champions are inevitable.