



**Cycling****CANADA****Cyclisme**

## **Women's NextGen Track Endurance Program**

**By Cameron Jennings (Women's NextGen Track Endurance Coach)**

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*Note: 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 VISION

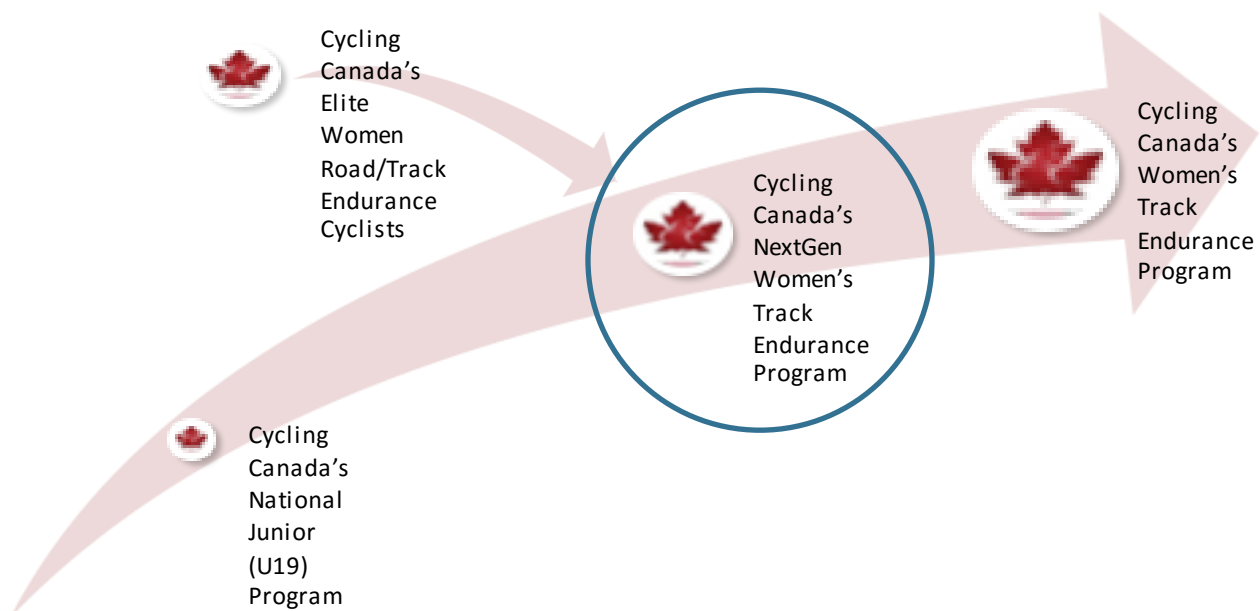
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Our vision...To develop the next group of Women Track Endurance cyclists with the necessary skills and physical attributes that will allow them to transition seamlessly to the Elite Track Endurance program and be medal prospects by Tokyo 2020. Underpinning this vision will be a committed track endurance program for emerging and inspired talent supported by world-class infrastructure and ambitions creating a long-term international racing career in both track and road cycling.

It is well documented that track cycling is a leader in youth development and a career pathway towards long-term success at an International level. Many nations have proven this over the years and continue to do so today; e.g. GBR, AUS, GER, NZL, RUS, 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 track endurance program relies on the identification and development of young and/or emerging talent with appropriate physiology and skill sets. These riders will have to commit to year round training and competition on both the track and road leading up to the ultimate goal: producing a world class performance at the 2020 Tokyo Olympics.

To support the development of the program and to underpin the success on the track, a strong road program is required to maximize the physiological preparation needed to deliver on the boards. To ensure this development stays on track, extensive road camps, and level appropriate road racing for the identified group of NextGen Women cyclists will be targeted. Such a program will also assist the development of a select group of identified road cyclists transitioning from the Junior to the Elite ranks. The inclusion of these young identified road cyclists will add an extra dimension to how the team operates; by working together and achieving results based on each cyclist's specific skill set.



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## 2. THE PROGRAM

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In 2017, the planned size of the NextGenWTE program is 6-8 riders, all having met the selection criteria as laid out below.

During the year, riders will be presented with a fully supported development program including access to IST, track endurance training camps, road training camps, and racing experience in North America and Europe. All athletes selected to participate within the NextGenWTE program will continue to represent their own trade/local team.

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## 3. PROGRAM COST

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Selected riders within the NextGen Women's Track Endurance program will be asked to invest in their respective career. The anticipated self-funding requirement represents just under 30% of the overall revenue supporting the program (see Appendix A). The expected cost for each rider will be dependent on the number of years within the program:

- 1<sup>st</sup> year in the program @ \$7,000
- 2<sup>nd</sup> year in the program @ \$5,000
- Junior Women Training Squad @ \$2,000

Athletes will be invoiced for these fees in equal payments spread through the year.

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## 4. ATHLETE ELIGIBILITY

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- Canadian Citizen.
- Communicates and demonstrates year round commitment to the Cycling Canada's Track Endurance programs.
- Age of eligibility requirements met for U23/Elite racing category for the 2016 competitive season.
- Member in good standing with Cycling Canada.
- Athletes must sign a Cycling Canada NextGen program Athlete agreement.

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## 5. APPLICATION PROCESS

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Athletes wishing to apply for Cycling Canada's NextGen Women's Track Endurance program are required to complete the 2016 Application form [that can be found here](#), on or before **October 7th, 2016**.

**Cameron Jennings** - NextGen Track Coach - [cameron.jennings@cyclingcanada.ca](mailto:cameron.jennings@cyclingcanada.ca)

**Note:** Athletes who were involved in Women's Track Endurance Development Projects during 2016 are required to re-apply for program selection.

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## 6. SELECTION PROCESS/CRITERIA

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The following selection criteria are used to select athletes into the Cycling Canada NextGen Women's Track Endurance program.

### **Women U23/Elite - Core Group**

- a. Any U23/Elite rider who communicates and demonstrates year round commitment to the Cycling Canada's Track Endurance programs
- b. Any U23/Elite rider meeting the Cycling Canada's Elite Development Individual Pursuit Track time standard Cycling Canada Track Time Standards
- c. Further discretionary selections may be made as follows:
  - Any transitioning Junior rider having met the Cycling Canada Junior Track Time standard (Individual Pursuit), who has shown competitiveness at Junior World Championships, and/or who the national coach believes has the appropriate physiological and psychological potential to achieve the Development Track time standard within 1 year of Elite competition;
  - Any existing U23/Elite rider who the coaches believe has the appropriate physiological and psychological potential to achieve either the Development or National Track time standard within 6 months;
  - Any emerging U23/Elite rider who the national coach believes has the appropriate physiological and psychological potential to represent Canada at an Elite level.

**Women U23/Elite Supplemental riders** - identified for development, and/or as required to complete a project roster

- d. Riders may be selected who have met one or more of the following criteria:
  - Proven National/International race results in 2016;
  - Future potential to represent Canada at an Elite benchmark event;
  - Communicates and demonstrates a desire to be committed to Cycling Canada's Track Endurance programs;
  - Potential to be selected for the 2017/2018 Cycling Canada NextGen Women's Track Endurance program;
  - Items mentioned in clause 10 of the General Selection Criteria.

**Junior Training Squad** – riders will be selected based on the following criteria.

- All existing 1<sup>st</sup> year U19 riders selected for the 2016 UCI Junior Track World Championships
- Any other first year U19s having met the national time standard
- Any other U19s considered by the national coaches to have exhibited potential
- Any U17 showing exceptional talent at the Canadian Track Championships as determined by the national coaches

For additional information, please refer to Cycling Canada Track Time Standards and Specific Selection Policy for the Junior Track Worlds when it is published here.

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## 7. MAINTENANCE CRITERIA

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### 1. Meeting Cycling Canada's Team Pursuit International Time Standard

Continued participation in Cycling Canada's Women's NextGen Track Endurance Program will be based on an annual review by the NextGen coach and Management Team. Athletes will be reviewed bi-annually with performance report cards (NextGen athlete marking matrix) surrounding their interaction and adherence to the demands of their daily training environment, their commitment to the program, and progression toward key performance indicators throughout the year.

Only in exceptional circumstances (e.g. long-term illness or injury) will the program consider on-going support of a rider having not met the maintenance criteria. In those circumstances, a case will be put forward by the national coaches to the management team and selection advisory group who will then decide on said rider's status.

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## APPENDIX A: 2016-17 BUDGET OUTLINE

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These budget estimates are pending confirmation of funding from Own the Podium, Sport Canada and our other funding partners. The budget may vary slightly depending on changes to the international calendar, additional sponsorship, and other financial pressures.

### Estimated NextGen WTE revenues:

- Own the Podium/Cycling Canada - \$120,000
- Sport Science (IST) - \$30,000
- Athlete fees - \$55,000
- TOTAL - \$205,000

### Estimated NextGen WTE programming expenses:

- Track camps/competition - \$115,000
- Road competition - \$30,000
- Road training camps - \$40,000
- Equipment - \$20,000
- TOTAL - \$205,000

### Expenses covered by Cycling Canada not included in budget:

- Full-time salary for the program coach
- Full-time salary for logistics coordinator

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**APPENDIX B: 2017 CALENDAR**

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*The projected race calendar is open for review and adjustment due to the release of racing calendars, local/trade team racing opportunities, and other external factors. In the case where there are changes to the program, Cycling Canada will endeavor to notify all affected persons in a timely manner.*

Oct. 31-Nov. 10	<ul style="list-style-type: none"><li>• Track Camp (Milton, ON)</li></ul>
Dec. 5-21	<ul style="list-style-type: none"><li>• Road Camp (Oxnard, CA)</li></ul>
Jan. 5-13	<ul style="list-style-type: none"><li>• Track Camp (Milton, ON)</li></ul>
Feb. 2-10	<ul style="list-style-type: none"><li>• Track Camp (Milton, ON)</li></ul>
March 20-30	<ul style="list-style-type: none"><li>• Road Camp (Oxnard, CA)</li></ul>
April	<ul style="list-style-type: none"><li>• San Dimas Stage Race (San Dimas, CA)</li><li>• Joe Martin Stage Race (Fayetteville, AR)</li></ul>
May 1-21	<ul style="list-style-type: none"><li>• Road Project (USA/BENELUX)</li></ul>
June	<ul style="list-style-type: none"><li>• GP Gatineau (Gatineau, QC)</li><li>• Canadian Road Championships (Gatineau, QC)</li></ul>
July	<ul style="list-style-type: none"><li>• BC Superweek</li><li>• Cascade Cycling Classic (Bend, OR)</li></ul>
August	<ul style="list-style-type: none"><li>• Milton Residency (Milton, ON)</li></ul>
September	<ul style="list-style-type: none"><li>• Milton Residency (Milton, ON)</li></ul>
Sept. TBD	<ul style="list-style-type: none"><li>• Pan Am Track Championships (TBD)*</li></ul>
Sept. TBD	<ul style="list-style-type: none"><li>• Canadian Track Championships (Milton, ON)</li></ul>
Oct. TBD	<ul style="list-style-type: none"><li>• Milton International Challenge*</li></ul>

\* Team Canada selection. Please refer to relevant selection document

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## APPENDIX C: ENSURING OUR FUTURE – JUNIOR TRAINING SQUAD

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A strong early talent identification plan is crucial for the long-term success of the NextGen Women Track Endurance program. As such the coaches will aim to work closely with the respective Provincial cycling organizations 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 Training Squad. Based on a similar training model and with identical philosophies the best emerging young riders will have a season focus on the Junior World Track Cycling Championships, and be provided with the tools to transition into the NextGen program.

To assist the development and transition of Canada's top Junior Women Track Endurance cyclists into the NextGen/Elite category, targeted competitions and development camps for the 2017 Junior Women Training Squad will be:

Nov. 11-18	Track Camp (Milton ON)
Dec. TBD	Track Camp (Milton ON)
Feb. 3-10	Track Camp + Eastern Challenge (Milton ON)
Mar. 31-Apr. 2	2017 Canadian Junior/U17 Track Championships (Milton ON)
May. 21-30	Track Camp (Milton ON)
Aug. 4-18	UCI Junior Track World Championships Prep-camp*
Aug. 23-27	UCI Junior Track World Championships (Shenyang CHN)*

*\* The cost of this camp and the Junior World Championships will be covered by a separate levy.*

By default, once named into the National Junior Training Squad, riders will become an associate rider within the Cycling Canada NextGen Women's program. Furthermore across the next 4-6 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 Women's Track Endurance program.