



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

**#NextGenTrackWomen**

**Women's NextGen Track (road) Endurance Program**

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

*EFFECTIVE Oct. 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.*

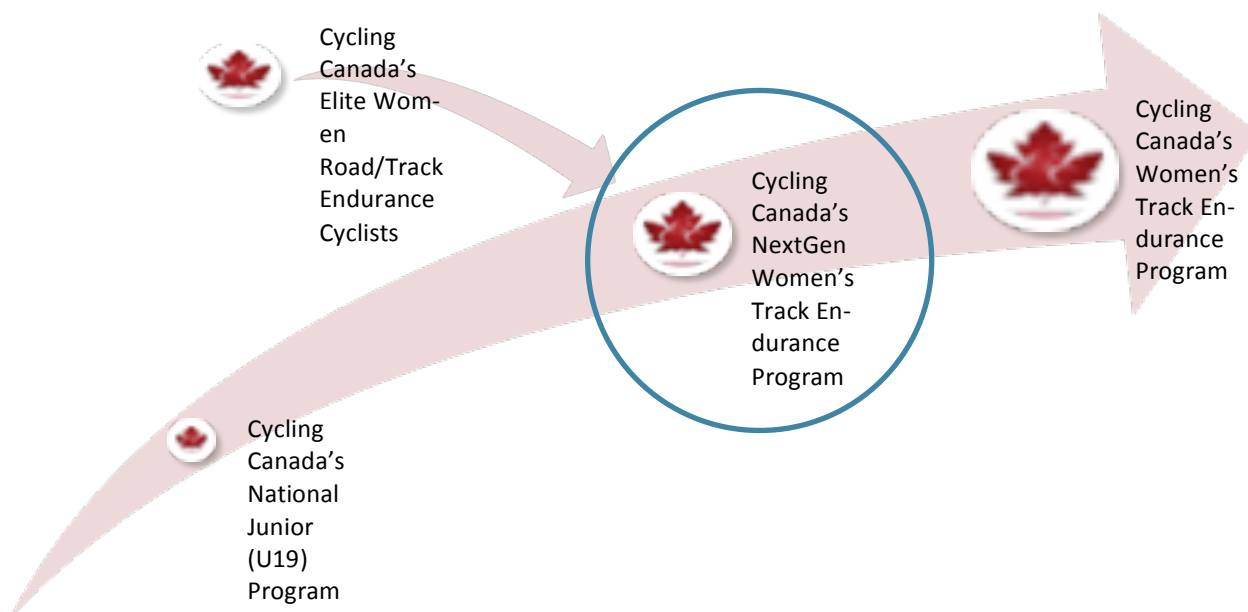
## 1. THE PROGRAM

***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 PLAN

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To develop the next group of Women Track Endurance (WTE) cyclists with the necessary skills and physical attributes that will allow them to transition seamlessly to the Elite Track Endurance program requires clear, objective and measurable goals. To keep this long-term goal and development on track, short and medium term goals have been established.

### 2015/2016

**A year dedicated to timely, well structured intensive and extensive track and road camps.**

<b>Track Results:</b>	Develop a team capable of riding sub 4:35 TP time (sea level)
<b>Track Competition focus:</b>	National Championships, UCI C1/C2 events.
<b>Track Development:</b>	Directly and indirectly develop Cycling Canada's WTE talent pool to field 6 competitive WTP teams at National Championships.
<b>Road Competitions:</b>	Canadian domestic events, level appropriate events in Europe.
<b>Road Development:</b>	Develop physical resiliency to consistently and comfortably handle at least 20hrs weeks in aerobic capacity focus.
<b>Number of riders:</b>	6 - 10

### 2016/2017

**A year of continued intensive and extensive track and road camps as we maximize the physiological preparation required to deliver performances on the track.**

<b>Track Results:</b>	Develop a team capable of riding sub 4:32 TP time (sea level)
<b>Track Competition focus:</b>	Pan Am Championships, National Championships, UCI C1/C2 events.
<b>Track Development:</b>	Directly and indirectly develop Cycling Canada's WTE talent pool to field 6 competitive WTP teams at National Championships. Graduate 1-2 Women NextGen cyclists to Cycling Canada's Elite WTE program.
<b>Road Competitions:</b>	Increased focus on targeted, level appropriate events in North America and Europe.
<b>Road Development</b>	Develop physical resiliency to consistently and comfortably handle 20+hr weeks in aerobic capacity focus.
<b>Number of riders:</b>	8-10

### 2017/2018

**One year out from the Tokyo Olympic qualification beginning, competitive performances are crucial to graduate NextGen program cyclists to Cycling Canada's Elite WTE program.**

<b>Track Results:</b>	Develop a team capable of riding sub 4:30 TP time (sea level)
<b>Track Competition focus:</b>	Pan Am Championships, National Championships, UCI C1/C2 events.
<b>Track Development:</b>	Directly and indirectly develop Cycling Canada's WTE talent pool to field 8 competitive WTP teams at National Championships. Graduate 1-2 Women NextGen cyclists to Cycling Canada's Elite WTE program.
<b>Road Competitions:</b>	Season long focus on targeted events in North America and Europe.
<b>Road Development:</b>	Timely and extensive road training camps Established ability to consistently and comfortably handle 20+hr weeks in aerobic capacity focus.
<b>Number of riders:</b>	8-10

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### 3. THE PARTNERS

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The NextGen Women's Track Endurance Program is a Cycling Canada funded national program. Our official partners therefore in 2016 are:

- Own the Podium
- Global Relay
- Canadian Sport Institute - Ontario
- Louis Garneau
- Ontario Cycling Association



With the program still in its infancy, selected riders within the NextGen Women's Track Endurance Program will be asked to invest in their respective career. The overall expected program cost for each program member will be \$10,000/year, and is a necessary step within the program at the moment as it evolves and grows.

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### 4. THE COACHES

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

Cameron moved to Edmonton, Canada in March 2012 after several years working as a coach and University lecturer (Skill Acquisition and Movement Analysis) in his hometown of Rockhampton. Upon moving to Edmonton, he helped form the Argyll Velodrome Racing Academy; an Academy with the focus of developing Edmonton's talented and committed Junior/Elite road and track cyclists. During his time in Edmonton, Cameron has helped develop 5 Edmonton based cyclists into National team members, within the road, track and para cycling disciplines. In 2013/2014, Cameron has performed an assistant coach role at a number of Women Track Endurance and Men Track Endurance projects, and was appointed as Head Coach for the 2015 UCI Junior World Track Cycling Championships.

Through technical leadership, Cameron will be supported by both Craig Griffin (Women's Track Endurance Coach), and Denise Kelly (Women's Road Coach). Additionally, the NextGen Women's Track Endurance Program will provide a professional development platform for identified local/provincial coaches to learn and assist with daily training prescription.

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### 5. IST

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IST support is offered to the Cycling Canada Women's Track Endurance Program through the following staff:

- Emily Wood - Physiologist
- Laura Hutchinson - Physiotherapist
- Christine Dziedzic - Nutritionist
- Brendan Murphy - Strength and Conditioning
- Dan Peeters - Mechanic
- Andy Froncioni - Aerodynamics

- Roger Friesen - Sport Psychologist
- Dave Haanpaa - Road and Track Coordinator
- Jessika Grand Bois - Logistics

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## 6. NEXTGEN WOMEN'S TRAINING AND COMPETITION CALENDAR

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*Calendar is open for review and adjustment. In the case where there are changes to the program, Cycling Canada will endeavor to notify all affected persons in a timely manner.*

### October

- Canadian Track Championships 7 - 11th October (Milton, ON)

### November

- Track Camp 28th October - 13th November (Milton, ON)

### December

- Road Camp 9th - 18th December (San Diego, CA)

### January 2016

- Track Camp 2 - 9th January (Milton, ON)
- Road Camp 10 - 20th January (Malibu, CA)

### February

- Track Camp 4 - 14th February (Milton, ON)

### March/April

- Road Camp 19th March - 6th April (CA)
- San Dimas 25th - 27th March (CA)

### May

- Road/Track Camp 9th - 23rd May (Milton, ON)

### June

- Road Nationals 25 - 29th June (Ottawa, ON)

### July

- BC Superweek 10 - 18th July (Vancouver, BC)

### August

- European Project 1st - 18th August (Belgium, Netherlands)

### September

- Road/Track Camp 5th September - 19th September (Milton, ON)

### October

- Canadian Track Nationals (Milton, ON)

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## 7. ENSURING OUR FUTURE

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A strong early talent identification plan is crucial for the long-term success of the NextGen Women's Track Endurance program. As such the coaches will be working 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 National level Programming. In working in close proximity to the NextGen coach(es) it is anticipated that the system wide provincial, club and personal coaches will be able to continue to increase the level of the U19 cohort of athletes to a point where, based on a similar training model and with identical philosophies, the best emerging young riders will be able to transition into the NextGen program without hesitation.

To assist the development and transition of Canada's top Junior Women Track Endurance cyclists into the Elite category, targeted competitions and development camps for the 2016 Junior Women include:

### **April**

UCI Junior Track World Championship Trials/Canadian Junior Track Championships  
(Milton, ON)

### **May**

UCI Junior Track World Championships Camp #1 (Milton, ON)

### **July**

Canadian Junior Road Championships - selection to UCI Junior Road Worlds pool

### **August**

UCI Junior Track World Championships Camp #2 (TBD)  
UCI Junior Track World Championships

### **September**

UCI Junior Road World Championships Camp  
UCI Junior Road World Championships

### **December**

Road camp (CA)

### **February**

Track camp (Milton, ON)

By default, once named into a national junior program, riders will become an associate rider within the Cycling Canada NextGen Women's 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 Women's Track Endurance program.

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## 8. SELECTION AND MAINTENANCE CRITERIA

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In 2016, the core group of the NextGen Women's Track Endurance Program will be existing U23/Elite track riders committed to the long-term success of Cycling Canada's Women'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 emerging and established riders completing project rosters as required. As the program evolves, the goal is to secure a roster of riders 100% committed to the program year-round.

Introduced for 2016 will be a specific rider matrix by which individual athletes will be monitored and assessed throughout the year. 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 quarterly and annually with performance report cards surrounding the daily training environment, commitment to the program, and performance progression.

**For more information, please refer to the 2016 Cycling Canada Women's NextGen Track Endurance Program selection and maintenance criteria.**

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## 9. ANTI-DOPING

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All athletes in National Team programs should familiarize themselves with the rules of the Canadian Centre for Ethics in Sport (CCES) and the World Anti-Doping Agency (WADA). In particular, you should familiarize yourself with the current Prohibited List of Substances available at: <http://www.cces.ca/en/prohibitedlist>

In particular, any athletes who are asthmatic should ensure that their medications are properly registered with the CCES and UCI and that an Abbreviated Therapeutic Use Exemption form (TUE) is completed and submitted to them. This form can be downloaded through the following web link:

CCES form: <http://www.cces.ca/en/page-109>

UCI form: <http://www.uci.ch/clean-sport/therapeutic-use-exemptions/>

As well, any other medications that an athlete may be taking with just cause, which is on the banned or restricted list, should ensure that they have everything documented with the CCES and/or UCI. Any athletes with TUE forms on file with the CCES and/or UCI should ensure that they have a copy of this form with them during the full time of the National Team Project. Please bring any prescriptions medications with you.

If you are not sure about a medication or supplement that you are taking, please contact the CCES and they will be able to offer you the answer you are looking for. This will help you avoid any unpleasant surprises while on site. For further information, please contact:

CCES: 1-800-672-7775 (Canada wide)  
[info@cces.ca](mailto:info@cces.ca) / [www.cces.ca](http://www.cces.ca)