



## **CYCLING CANADA**

### **2019-2020 NextGen Para-cycling Selection and Maintenance Criteria**

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*Note: Elements of this program are subject to change due to funding restrictions, race cancellations or other elements beyond Cycling Canada's control. Cycling Canada will endeavor to notify those affected by any changes in a timely manner.*



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## **1. Purpose**

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The purpose of the NextGen program is to support a wide range of athletes throughout the development pathway – from those attending their first national and provincial level competitions, to athletes achieving international success. The program aims to accelerate as many athletes as possible through the development pathway in order to achieve sustained Paralympic and World Championship podium performances.

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## **2. Program**

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NextGen athletes will be provided with a fully supported development program based out of Calgary, AB, and Bromont, QC. Program delivery will consist of remote coaching, multiple training camps, and a daily training environment. Both programs will be supported by Cycling Canada coaching staff, the para-cycling coordinator, and by an Integrated Support Team (IST) consisting of specialists in Mental performance, Sports Physiology, Strength and Conditioning, and Nutrition. In addition to domestic activities, there will be the opportunity for athletes to be selected to para-cycling competitions throughout Canada and Europe.

### **2019-2020 NextGen Program Calendar**

<b>Program Event</b>	<b>Date</b>	<b>Location</b>
Integrated Sport Services Camp West	Oct. 24-26, 2019	Calgary, AB
Track Camp	Nov. 3-8, 2019	Milton, ON
Integrated Sport Services Camp East	Nov. 10-11, 2019	Montreal, QC
Endurance Road Camp	Dec. 10-22, 2019	Tucson, AZ
Integrated Sport Services Camp West	Feb. 1-2, 2020	Calgary, AB
Integrated Sport Services Camp East	Feb. 8-9, 2020	Montreal, QC
Road Preparation Camp	April 8-14, 2020	Penticton, BC
Para Road World Cup #1	May TBD, 2020	TBD
Road Preparation Camp East	July TBD, 2020	Bromont, QC
Para Road World Cup #2	Aug. 6- 9, 2020	Baie-Comeau, QC

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## **3. ATHLETE ELIGIBILITY**

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To be eligible for the Cycling Canada NextGen Para Program, each athlete must:

- Hold a valid UCI licence indicating nationality as Canadian.
- Be classified, or assessed as classifiable, in para-cycling;
- Be eligible to represent Canada at major international competitions, including the World Championships and Paralympic Games, as per the eligibility requirements of the UCI;
- Have met the Cycling Canada time standards in Appendix A;
- Communicate and demonstrate year-round commitment to the Cycling Canada NextGen Para program and associated activities.

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## **4. ATHLETE ADMISSION**

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There are two ways for athletes to join the NextGen program: by application after meeting the time standards, or through Cycling Canada talent transfer/talent identification initiatives.



**Application:** Interested athletes who have met the Cycling Canada B Standard in track IP or road ITT) may apply online at any time to be considered for the NextGen program. The National Team coaches will review each application against the eligibility criteria above, the performance standards below, and Cycling Canada's Para-cycling Athlete Evaluation Tool (AET).

**Talent Transfer/Talent ID:** Cycling Canada welcomes athletes who are interested in transferring to cycling from other sports, and we are in regular communication with other national sport organizations to collaboratively identify appropriate opportunities.

In addition, Cycling Canada engages in Talent ID programs such as the Canadian Paralympic Committee Paralympian Search.

In both these cases, athletes may be admitted to the program if:

- They have met all the athlete eligibility criteria (Section 3);
- They are considered to be classifiable with a reasonable amount of certainty;
- Testing or training data demonstrate performance potential in the sport of cycling.

If these conditions have been met and the athlete is named to the NextGen program, the National Coach and the athlete will establish a timeline to meet the performance standard within a year of admission into the NextGen program.

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## **5. DEVELOPMENT ATHLETE ASSISTANCE**

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Training assistance is also available to athletes who have not met the criteria to join the NextGen program but have demonstrated long-term potential by meeting the Cycling Canada Development standards listed below.

This development pool of athletes will be offered coaching advice and access to monitoring/testing and NextGen training camps on a self-funded basis, subject to availability.

Given the wide range of potential scenarios, the services available to each athlete and the benchmarks for their progression will be determined case by case.

The objective of this assistance is to ensure new and developing athletes are given the opportunity to progress into the NextGen program in the near future.

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## **6. MAINTENANCE CRITERIA**

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All riders currently in the NextGen program will be assessed against the following criteria to be eligible for continued support in the program:

1. Improved results in national and international competition, supported by a reduction in gap to podium;
2. Improved performances against the time standards;



3. Physiological improvements, supported by verified testing and power meter data.

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

In addition, all riders will be reviewed internally using the Cycling Canada Para Athlete Evaluation Tool.

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## **7. COSTS**

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Selected riders within the NextGen Para program will be asked to invest in their respective career. Athletes will be asked to contribute CAD \$500 per year in program fees. These fees contribute to covering part of the cost of delivering the program.

Athletes selected to participate in NextGen projects are subject to additional fees for each camp or competition. Athletes will be provided a breakdown of the fees for each project at the time of invitation.



## Appendix A – Time Standards

2019 NATIONAL TEAM ROAD STANDARDS									
CLASS	A	B	D	Minimum Distance	CLASS	A	B	D	Minimum Distance
MB	48,99	47,52	44,30	20 km	WB	43,45	42,15	39,10	20 km
MC1	39,63	38,44	36,00	15 km	WC1	30,00	29,10	22,00	15 km
MC2	41,32	40,08	37,19	15 km	WC2	35,91	34,83	32,32	15 km
MC3	43,30	42,00	39,30	15 km	WC3	37,75	36,62	27,00	15 km
MC4	44,88	43,53	41,20	15 km	WC4	37,78	36,65	35,30	15 km
MC5	45,65	44,28	42,00	15 km	WC5	40,07	38,87	37,50	15 km
MT1	29,00	28,13	26,10	10 km	WT1	23,30	22,60	19,00	10 km
MT2	35,61	34,74	33,67	10 km	WT2	30,03	29,13	22,00	10 km
MH1	23,68	22,97	21,31	10 km	WH1	10,00	9,00	8,00	10 km
MH2	33,65	32,64	27,40	10 km	WH2	23,75	23,04	15,00	10 km
MH3	39,86	38,67	34,90	15 km	WH3	33,04	32,05	26,90	10 km
MH4	40,20	39,00	34,60	15 km	WH4	33,61	32,61	29,60	10 km
MH5	39,11	37,94	35,30	15 km	WH5	34,74	33,70	32,30	10 km

2019 NATIONAL TEAM TRACK STANDARDS						
Men	Individual Pursuit			Time Trial		
	A	B	D	A	B	D
Tandem	04:21,80	04:27,0	04:32,60	01:02,5	01:03,8	01:07,0
C1	04:12,00	04:15,0	04:20,40	01:19,6	01:21,1	01:23,5
C2	03:54,30	03:57,3	04:04,10	01:16,6	01:17,7	01:20,9
C3	03:39,40	03:44,9	03:55,90	01:11,3	01:11,9	01:16,5
C4	04:47,80	04:52,6	05:04,90	01:09,0	01:09,4	01:11,9
C5	04:42,30	04:45,7	04:56,20	01:06,9	01:07,9	01:11,7
Women	Individual Pursuit			Time Trial		
	A	B	D	A	B	D
Tandem	03:36,70	03:40,40	03:44,20	01:09,0	01:11,5	01:15,1
C1	04:49,20	04:49,20	04:49,20	47,2	48,3	49,3
C2	04:31,70	04:37,30	04:44,90	43,4	45,7	49,1
C3	04:24,50	04:27,50	04:31,50	44,2	44,7	47,0
C4	04:13,60	04:19,10	04:26,60	40,7	41,9	44,9
C5	03:57,50	04:01,10	04:06,40	38,1	39,0	42,8



## **CONDITIONS**

- Electronic timing must be used (automatic timing system triggered by transponder, light beam or tape switch, accurate to 1/1,000 of a second).
- A Cycling Canada accredited commissaire or official must be present.
- Road standards must be achieved on a course no shorter than the listed minimum distance, in which the start and finish are located within 200 meters of each other.
- Track standards must be achieved on a UCI-homologated velodrome located at or below 1,000 m altitude.

NOTE: Athletes who were members of Cycling Canada's NextGen Para program in 2019 must meet the maintenance criteria (see Section 6 above) to remain in the program