

PARA-CYCLING NEXTGEN PROGRAM

PROGRAM VISION

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.

Athletes will be provided a comprehensive training program with coaching and curricula that support their holistic development as cyclists. These athletes are eligible for selection to top National Team entry events (ex. World Cups, Pan American Games, World Championships and Paralympics). The focus of this program is Process: looking at turning knowledge and skills into optimized High-Performance behaviour/habits. “You do it regularly.”

ATHLETE PROFILE

The NextGen program is designed for athletes with potential to be top-8 performers at Elite World Championships or Olympic Games in 5-8 years.

This group is exclusively for eligible para-cyclists that have an official UCI sport class status (new, renew or confirmed) for the current year.

CORE GROUP PROGRAM BENEFITS

Athletes in the program can expect the following:

- Fully supported development program based out of Calgary, AB and Bromont, QC.
- Training programming from NextGen coach
- Remote and training camp-based coaching
- Daily training environment
- Equipment

EDUCATION

In 2021, Cycling Canada will be piloting an educational curriculum designed to teach the knowledge, skills and high-performance behaviours of successful world-class athletes. In year one, our focus will be on nutrition and mental performance.

COACHING

Both programs will be supported by Cycling Canada coaching staff, the para-cycling coordinator, and by a Performance Services Research and Innovation team (PSRI) 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.



The NextGen Program is also supported by Cycling Canada's Elite Para-Cycling National Program:

- Sébastien Travers – Head Coach
- Valérie Hadd – PSRI Lead
- Emily O'Connor – Para-Cycling Program Coordinator



SCHEDULE

Please note that all NextGen projects listed will have a self-funded component depending on budget availability.

Program Event	Date	Location
Integration Camp West	Nov. 2-3, 2020	Calgary, AB
Integration Camp East	Nov. 7-8, 2020	Montreal, QC
NextGen Endurance Road Camp	Dec. 11-21, 2020	Victoria, BC
Integration Camp East	March 13-14, 2021	Montreal, QC
NextGen Road Preparation Camp	March 27- April. 4, 2021	Penticton, BC
Integration Camp West	April. 12-13, 2021	Calgary, AB
Para Road World Cup #1 *	May TBD, 2021	TBD
Para Road World Cup #2*	June TBD, 2021	TBD

* Athletes must be selected by National Program to attend (selection criteria will be outline in the 2021 Specific Selection Policy, yet to be published).

PROGRAM FEES

All core athletes are required to pay \$500 for the NextGen Program. This includes coaching, training plan (Premium Training Peaks Account), as well as all PSRI services (based on the Individual Performance Plan and Yearly Training Plan). Payment can be made in full by November 15th, 2020, or as two instalments of \$250 (November 15th, 2020; February 2nd, 2021). Invoices will be sent out with payment details.

**Athletes to confirm preferred payment option upon acceptance into program*

PROGRAM COMMITMENTS

Each athlete in the NextGen Program is committed to fulfilling all the commitments outlined in the Cycling Canada Athlete Agreement. This includes:

- Complete all prescribed training to the best of their ability
- Complete all program requirements on time
- Attend all NextGen projects to the best of their ability
- All athletes in the NextGen Core Program are encouraged to be coached exclusively by the Cycling Canada NextGen Coach in order have access to all the program benefits efficiently. For athletes working with a personal coach, it is mandatory to provide a YTP and an IPP approved by the NextGen coach on the day of program selection (November 1, 2020).
- *Tandem clause:* starting in September 2021, a pilot riding with a stoker that is coached by the NextGen coach will need to also work with the program coach.



TIMELINE & CONTACT INFORMATION

Mid-October – Athlete selections will be made to the NextGen Programs

End of October – Selected athletes will be notified

Mid-November – NextGen team will be announced

Please contact Phil Abbott or Guillaume Plourde to go over any questions surrounding program participation or if you require an extension.

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Para-Cycling NextGen Coach West

Entraîneur NextGen

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COVID-19 RESTRICTIONS AND ADAPTATIONS

Cycling Canada is excited about and committed to our NextGen Programs. As such, we will endeavour to communicate any changes to the program in a timely manner, however, please recognize that the current World climate is a moving target and decisions will be made based on information available at the time. Athlete and staff safety are our priority above all else.

