

TRACK ENDURANCE NEXTGEN PROGRAM

The Track Endurance NextGen Program is excited to grow and build upon the exceptional performances of the 2019-20 season. On home soil in January at the Milton World Cup, both the men's and women's Team Pursuit teams produced World Class times to earn matching bronze medals. Only a few years earlier these were the times and performances produced by only our Elite squads. Adding this to the performances at the Junior World Championships in Frankfurt-Oder a few months earlier, highlighted by the first men's endurance medal in recent memory in the Individual Pursuit by Tristan Jussaume, the future is bright.

The NextGen program was initiated for the women in 2016 with the men's program to follow shortly after. In 2021, Cycling Canada will be sending multiple first-time Olympians to Tokyo who have benefitted from the integrated development pathway, including Ariane Bonhomme, Derek Gee and Michael Foley. Through the NextGen program, we are excited to pave the way for many more Olympians in the future.

PROGRAM VISION

The Track Endurance NextGen program aims to develop smarter, more prepared, resilient athletes who consistently perform on the World stage and stay engaged with the sport in the long-term. This will be accomplished through world-class, targeted coaching and training interventions as well as specific racing opportunities on both the track and the road.

The program focuses on the process of elite athletics; developing the knowledge and skills to be World Class. The first year of the NextGen program is focused on developing athlete training and racing capacity as well as race acumen. Highly coached environments will be used to cultivate race intelligence both on the track and the road, setting the stage for athlete success.

The integrated and agile nature of the program will allow athletes to progress at their own pace towards representing Canada in our development Nation's Cup projects. Additionally, an exciting biproduct of the delay of the Tokyo Olympics is that our development athletes will be taking the line at the World Championships in Turkmenistan from October 13-17, 2021.

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 mainly U23 aged athletes with some targeted opportunities for highly advanced Junior athletes.

This program may also include late recruitment or talent transfer athletes based on the expert opinion of Coach and High Performance Director.



PROGRAM BENEFITS

The Track Endurance NextGen program is an intensive, world-class suite that runs from January through August. With the change in the international track schedule, the NextGen program will be a mix of road and track training and racing interventions. Athletes in the program can expect the following:

- World-class coaching and Performance Research Science and Innovation (PRSI) support
- An integrated YTP and individualized training program delivered through the Today's Plan platform including periodic testing to gauge athlete progress
- A daily training environment (DTE) with their peers across the country in multiple locations throughout the season
- Racing opportunities on both the road and the track
- Track equipment for select international race opportunities
- Exposure and integration with 2021 Olympians and their coaching staff where the respective Yearly Training Programs (YTP) permit

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

- Jenny Trew, Lead NextGen Coach
- Laura Brown, NextGen Coach
- PRSI Team based out of the Canadian Sport Institute – Ontario (CSIO)
 - Aly Hodgins (Therapy)
 - Kevin Iwasa-Madge (Nutrition)
 - Greg Lewandowski (Strength & Conditioning)
 - Fiona Meikle (Mental Performance)

PROGRAM SIZE & ATHLETE SELECTION PROCESS

The program is designed to accept between 8-10 athletes per gender.

Selections will be made based on the following 5 criteria:

- Training Capacity
- Aerobic Power
- A baseline Strength & Conditioning aptitude
- The willingness and ability to learn and commit to a program
- Proven performance



SCHEDULE

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

Program Event	Date (2021)	Location
Integration Camp	Jan 4-24	Mattamy Velodrome, Milton ON
Warm(er) Weather DTE	Feb 1 – Apr 3	Lower Mainland, Vancouver BC
Joe Martin Stage Race & Camp*	Apr 3-19	Arkansas, USA
Nation's Cup*	TBD	TBD
Track & Volume Camp	May 10-29	Mattamy Velodrome, Milton
Track Racing C1/2 & Training	May 26-Jun 16	Trexlerstown, Pensylavannia USA
National Championships**	June 17-21	Beauce, Quebec
BC Superweek**	Jul 7-21	Lower Mainland, Vancouver BC
Euro C1/C2 Project*	Jul 28-Aug 10	TBD
Track & Volume Camp	Jul 21-Aug 16	Mattamy Velodrome, Milton ON
Kremesse Project*	Aug 16-30	Belgium
Track Nationals** & Testing	TBD	Mattamy Velodrome, Milton ON
World Championships*	Oct 6-18	Turkmenistan

* Athletes must achieve selection to Development National Team project

** Athletes to compete under the banner of their Club/Trade Team

PROGRAM FEES

There will be a self-funding component to the program that has yet to be determined. The cost will be communicated once the budgets are confirmed. Cycling Canada does not want cost to be a barrier to entry for our NextGen programs and will endeavour to keep the athlete cash outlays reasonable.

PROGRAM COMMITMENTS

The Track Endurance NextGen program is designed to accelerate athletes through the development pipeline. As such, we aim to work with each athlete and their support team, including personal coaches and professional Trade Teams to nurture the athletes' individual and evolving needs. While athletes will be expected to work with National Team coaches once they reach the Elite team program, the NextGen platform will allow athletes to slowly transition to a fully coached environment at the pace that best suits the athlete.

Each athlete in the NextGen Program is committed to fulfilling all the commitments outlines in the Track NextGen Athlete Agreement. This includes:

- Communicate regularly with the National team coach and PRSI team
- Complete all training and program requirements to the best of their ability
- Upload power files on a daily basis
- Exemplify the POWERR standards of the program (attached below)



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

Any questions about the program or expression of interest should be directed to Jenny Trew.

Jenny Trew, ChPC

Track Endurance NextGen Coach

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.



POWERR STANDARDS

Mission: To raise the expectations and standards of what is possible in the Canadian cycling community by empowering athletes with holistic skills to excel in sport and in life.

Vision: To develop smarter, more prepared, resilient athletes who consistently perform on the World stage and stay engaged with the sport in the long-term.

What does that mean for you, the athlete? We want to give you the knowledge and skills to create behaviours and performance habits that will help you step on the international podium – specifically the Olympic Games.

Positivity	<ul style="list-style-type: none"> • Show-up with your best self – mindset is a choice • Look for the challenge in all that you do – this is an opportunity, not a threat • Celebrate your successes and the successes of those around you • Be a +1 - be aware of your impact on others and show empathy • Be receptive to feedback
Ownership	<ul style="list-style-type: none"> • You are in control • Choose to be here • Know your why • Make your own goals • Effectively communicate your needs
Work Ethic	<ul style="list-style-type: none"> • Commit to the plan • Be prepared – show up ready (physically, psychologically, equipment, etc.) • Do all the little things – live the details • Be organized • Provide regular, timely, pertinent and valuable feedback (training log, power files, etc.)
Respect	<ul style="list-style-type: none"> • Be present - listen attentively the first time; put away your phone • Show respect for the sport and contribute to a safe environment • Be on time (5 minutes early) • Be polite – thank people for their knowledge, expertise and time • Participate regularly in activities
Resiliency	<ul style="list-style-type: none"> • Maintain composure under pressure • Embrace failure as a learning experience and search for the win • Demonstrate adaptability and the ability to change • Overcome adversity • Show your grit

