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NATIONAL CYCLING CENTRE – ATLANTIC CANADA



**2012 ATLANTIC ELITE  
TRAINING PROGRAM**



## Ride to your dreams

This program is developed to let riders go up the competition ladder of the Canadian Cycling Association's Long Term Athlete's Development. Better described as the entry door to the Canadian National Cycling Team, this program gives you the opportunity, with the **National Cycling Centre – Atlantic Canada**, to think the Olympic way. For the last 10 years, this cycling program has been one of the most successful ones in Canada. We are not simply happy to be on any start line any more... we are there to compete and win!

In order to reach all levels of cyclist in the Atlantic area, the "Elite" training program is developed in five tiers. Here is the dream of each tiers:

<b>Cyclo-Sportifs*</b>	<b>Active for life</b>	<b>Overview</b>	Base development. Personal objectives, not only based on racing results
<b>Peter Wedge RACERS **</b>	<b>Learn to train</b>	<b>Dream</b>	To be competitive in Provincial/Atlantic level events
		<b>Overview</b>	Base development. Initiation to programmed training
<b>Bronze</b>	<b>Train to Train</b>	<b>Dream</b>	To be Provincial/Atlantic Champion and compete Canada Cups
		<b>Overview</b>	Yearly training program with introduction to some sport science tools
<b>Silver</b>	<b>Learn to Compete / Train to Compete</b>	<b>Dream</b>	To participate at Canada Games and/or be National Champion
		<b>Overview</b>	Yearly program with sport science
<b>Gold B</b>	<b>Learn to Win</b>	<b>Dream</b>	To become National junior/development team member
		<b>Overview</b>	Yearly program with advanced sport science
<b>Gold A</b>	<b>Train to Win</b>	<b>Dream</b>	To be at Olympics and other major games
		<b>Overview</b>	Yearly program with advanced sport science

\* Information regarding the Cyclo-sportifs racing program published separately.

\*\* Applications for the Peter Wedge RACER program to be published at a later date.

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## **ATHLETE APPLICATION PROCESS**

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Applications are being accepted for a limited number of openings. A strong part of the acceptance of any athlete in this special program is based on potential, attitude, aptitude, results and last but not least, goals of the athlete. This program does not work with no desire to pursue a dream.

**Dead line for application is January 20<sup>th</sup>.**

What the **National Cycling Centre – Atlantic Canada** will need from you in order to process an initial evaluation is the following:

- ◆ Results from last year (and previous)
- ◆ Resume of your training log from last year
  - Regular week
  - Longest rides
  - Winter training
  - Number of races
- ◆ Goals
  - Long term or Major goals
  - Next season goals
  - Specific goals
  - Qualities you would like to improve (climbing, sprinting, etc.)
  - Strength and weaknesses
- ◆ Tools (inventory)
  - Access to weight room?
  - How many hours do you work or go to school per week?
  - Cross training (swim, run and/or ski)?
- ◆ Others
  - Athlete resume
  - Contact information
  - Date of birth
  - Health condition (if anything needs to be listed)
  - Etc.

This will help us complete an initial evaluation of the athlete and to make sure this program is suited for the athlete and vice-versa.

In the second phase, the Head Coach of the Centre will meet with the athlete (and parents if needed) to discuss the goals and especially the dedication of the athlete. Further evaluations could be asked for, such as a complete evaluation by the Centre's medical services provider. Then, if accepted in the program, the athlete will be ranked from Gold A to Bronze and will have to sign an agreement contract with the National Cycling Centre – Atlantic Canada.

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## **GOLD A – Train to Win**

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Sport Canada athlete assistance **card** holders

- All cycling athletes holding Sport Canada cards are eligible

SERVICES : Cost = 100\$

- Existing services apply

MAINTENANCE CRITERIA:

- Athletes stay in this tier as long as their existing carding status is maintained.
- Athletes must present themselves at minimum of two Centre organized activities per calendar year (camps, event, information session, special activities)

### **GOLD A Program Overview**

**Full service Centre with Atlantic Canada's best facilities to help you perform at your best.**

**The GOLD A Program includes;**

#### **Testing (individual)**

- Full MAP tests performed at least 4 times per year (more often if required)
- Power Tests (assessment test) weekly to monthly from March through September as required to assess each athlete's fitness gains and fatigue level
- Strength to assess strength program gains

#### **Training Program**

- Annual training programs offered with individual consultations
- Monitored training sessions utilizing Centre's resources as required

#### **Group information sessions**

- Information sessions covering all aspects of physical, mental, tactical and technical preparation. «Knowledge is power!»

#### **Personal Development & Sport Science**

- As directed by the Canadian Sport Centre Atlantic (all details at [http://www.cscatlantic.ca/e/ath\\_services/index.htm](http://www.cscatlantic.ca/e/ath_services/index.htm))

#### **Camps, projects and others**

- National Team, Regional and International Training Camp invitation
- Access to Centre's equipment if recommended by head coach
- Access to the Development programs (clinics, popular track hours, etc.) at reduced cost
- Possible Training opportunities recommendations by head coach

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## **GOLD B – Learn to Win**

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SERVICES : Cost = 100\$

- Yearly program

MAXIMUM ENTRIES:

- 10 athletes

Non carded athletes having met the following selection criteria :

- 1) Priority to Atlantic Athlete Assistance Program athletes that are members of the National team (or potential member) or a member of the National Junior Team
- 2) Be based or willing to move/travel to Dieppe (to get all services)
- 3) Willing to train within the guidelines of the **National Cycling Centre - Atlantic Canada**
- 4) Programs prescribed or monitored and approved **National Cycling Centre - Atlantic Canada** coaches

Having achieved the following performance standards:

- 1) National Road, Time Trial, Criterium, and XC results
  - a) Elite Men and Women = Top 5
  - b) Espoir Men = Top 5
    - i) Top 5 in the Canada Games road race and/or XC race
  - c) Junior Men and Women = Top 5
    - i) Top 10 in the Canada Games road race and/or XC race
- 2) National track results
  - a) Elite Men and Women = Top 3 individual, and top 2 in team events
  - b) Junior Men and Women = Top 3 individual events
- 3) Canada Cup XC
  - a) Elite Men and Women = Top 3
  - b) Espoir Men = Top 3
  - c) Junior Men and Women = Top 3
- 4) For track athletes achieving CCA National team time standards
- 5) CCA approved athletes from other provinces attending university or high school and residing in Atlantic Provinces
- 6) Athletes who show exceptional potential to achieve National and International results
- 7) Selected athletes based on committee choice

**Note:** Even though a maximum number of entries per tier is set, the committee reserves the right to limit the field as it so chooses. If results are obtained suddenly, the committee reserves the right to suggest a better tier to cater to the rider's LTAD development stage.

MAINTENANCE CRITERIA:

- In the first year prior to acceptance in the tier:
  - Must show maintenance of the aforementioned standards
- After three years of acceptance in the tier:
  - Must be eligible for the next tier performance criteria
- Athletes must present themselves at minimum of two Centre organized activities per calendar year (camps, event, information session, special activities)

Note: In the case of injury and other factors that may occur, the condition of an athlete's status will be reviewed by the committee members.

## **GOLD B Program Overview**

**Full service Centre with Atlantic Canada's best facilities to help you perform at your best.**

**The GOLD B Program includes;**

### **Testing (individual)**

- Full MAP tests performed at least 4 times per year (more often if required)
- Power Tests (assessment test) weekly to monthly from March through September as required to assess each athlete's fitness gains and fatigue level
- Strength to assess strength program gains

### **Training Program**

- Individualized training plan for each athlete, specific daily training sessions designed to fit into each athlete's long term plan
- monitored training sessions utilizing Centre's resources as required

### **Sport Science & Personal Development**

- As directed by the National Sport Centre – Atlantic Canada (all details at [http://www.cscatlantic.ca/e/ath\\_services/index.htm](http://www.cscatlantic.ca/e/ath_services/index.htm))

### **Group information sessions**

- Regular information sessions covering all aspects of physical, mental, tactical and technical preparation. «Knowledge is power!»

### **Camps, projects, and others**

- National Team, Regional and International Training Camp invitation
- Access to Centre's equipment if recommended by head coach
- Access to the Development programs (clinics, popular track hours, etc.) at reduced cost
- Possible Training opportunities recommendations by head coach

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**SILVER – Learn to Compete / Train to Compete**

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SERVICES: Cost = 50\$/month (600\$)

- Yearly program

MAXIMUM ENTRIES:

- 20 athletes

Non carded athletes having met the following selection criteria :

- 1) Priority to Atlantic Athlete Assistance Program athletes
- 2) Priority to Canada Games performing athletes
- 3) Be based or willing to move/travel to Dieppe (to get all services)
- 4) Willing to train within the guidelines of the **National Cycling Centre - Atlantic Canada**
- 5) Programs prescribed or monitored and approved by **National Cycling Centre - Atlantic Canada** coaches

Having achieved the following performance standards:

- 1) National Road, Time Trial, Criterium, and XC results
  - a) Elite Men and Women = Top 10
  - b) Espoir Men = Top 10
    - i) Canada Games = Top 12
  - c) Junior Men and Women = Top 10
    - i) Canada Games = Top 20
- 2) National track results
  - a) Elite Men and Women = Top 6 individual, and top 3 (medal winner) in team events
  - b) Junior Men and Women = Top 4 individual events
- 3) Canada Cup XC
  - a) Elite Men and Women = Top 5
  - b) Espoir Men = Top 5
  - c) Junior Men and Women = Top 5
- 4) Atlantic Championships, Track (individual events only with time standards), Road and XC
  - a) Junior Men and Women = Top 2
  - b) Senior Men and Women = Top 2
  - c) For track athletes achieving time standards (TBD) in major competition
- 5) CCA approved athletes from other provinces attending university or high school and residing in Atlantic Canada
- 6) Athletes who show exceptional potential to achieve National results
- 7) Selected athletes based on committee choice

**Note:** Even though a maximum number of entries per tier is set, the committee reserves the right to limit the field as it so chooses. If results are obtained suddenly, the committee reserves the right to suggest a better tier to cater to the rider's LTAD development stage.

MAINTENANCE CRITERIA:

- In the first year prior to acceptance in the tier:
  - Must show maintenance of the aforementioned standards
- After three years of acceptance in the tier:
  - Must be eligible for the next tier performance criteria
- Athletes must present themselves at minimum of two Centre organized activities per calendar year (camps, event, information session, special activities)

Note: In the case of injury and other factors that may occur, the condition of an athlete's status will be reviewed by the committee members.

### **SILVER Program Overview**

**Full service Centre with Atlantic Canada's best facilities to help you perform at your best.**

**The SILVER Program includes;**

#### **Testing (individual)**

- Full MAP tests performed at least 4 times per year as scheduled between coach and athlete (more often if required)
- Power Tests (assessment test) weekly to monthly from March through September as required to assess each athlete's fitness gains and fatigue level
- Strength Tests to assess strength program gains

#### **Training Program**

- Annual training programs offered with individual consultations
- Monitored training sessions utilizing Centre's resources as required

#### **Group information sessions**

- Regular information sessions covering all aspects of physical, mental, tactical and technical preparation. «Knowledge is power!»

#### **Camps, projects, and others**

- National Team, Regional and International Training Camp invitation
- Access to Centre's equipment if recommended by head coach
- Access to the Development programs (clinics, popular track hours, etc.) at reduced cost
- Possible Training opportunities recommendations by head coach

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## **BRONZE – Train to Train**

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SERVICES: Cost = 60\$ / month (720\$)

- 12 months program minimum

MAXIMUM ENTRIES:

- 20 athletes

Non carded athletes having met the following selection criteria :

- 1) Athletes seeking introduction to Canada Cycling Association Long Term Athlete's Development
- 2) Willing to train within the guidelines of the **National Cycling Centre - Atlantic Canada**
- 3) Programs prescribed or monitored and approved by **National Cycling Centre - Atlantic Canada** coaches

**Note:** Even though a maximum number of entries per tier is set, the committee reserves the right to limit the field as it so chooses.

MAINTENANCE CRITERIA:

- In the first year prior to acceptance in the tier:
  - Must show maintenance of the aforementioned standards
- After three years of acceptance in the tier:
  - Must be eligible for the next tier performance criteria
- Athletes must present themselves at minimum of two Centre organized activities per calendar year (camps, event, information session, special activities)

Note: In the case of injury and other factors that may occur, the condition of an athletes status will be reviewed by the committee members.

### **BRONZE Program Overview**

**Full service Centre with Atlantic Canada's best facilities to help you perform at your best.**

**The BRONZE Program includes;**

#### **Testing (Group)**

- Full MAP tests performed at least 3 times per year as scheduled by Centre coaches (more often if required)

#### **Training Program**

- Annual training programs offered with individual consultations
- Monitored group training sessions utilizing Centre's resources as required

#### **Camps, Projects, and others**

- National and Regional Camp invitation
- Limited access to Centre's equipment if recommended by head coach
- Access to the Development programs (clinics, popular track hours, etc.) at reduced cost
- Possible Training opportunities recommendations by head coach