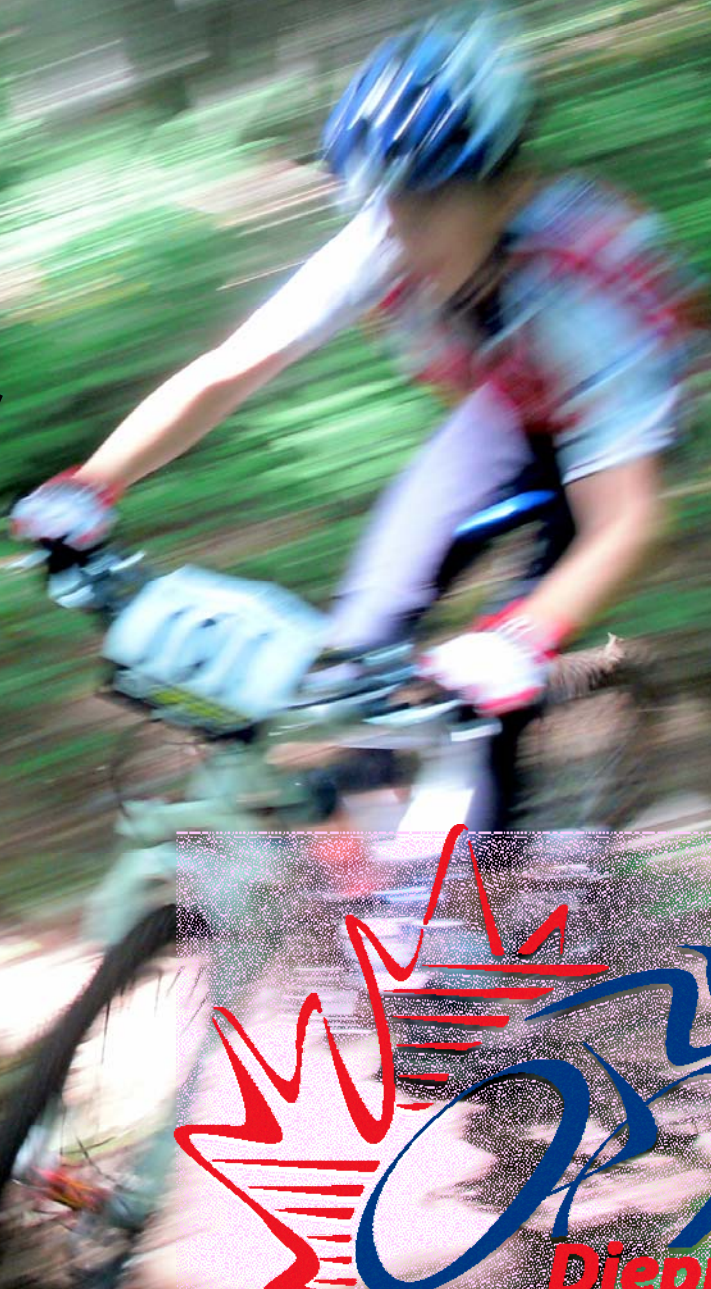




The Peter Wedge Racing Program

Developing Atlantic Canada's future cycling stars

*A National Cycling
Centre - Atlantic
Canada Program targeting
the Train to Train group
of cycling's
Active for Life plan.*



Following the initial success of the original Peter Wedge Program created in 2007, the National Cycling Centre - Atlantic Canada is proud to announce phase two of this development cycling program.

The program will now be split in two distinct groups: the original one focussing on the Learning to Train phase of the Sport for Life plan (age 12 to 14 mainly); and the new one, the Peter Wedge Racing Program targeting the Train to Train phase.

At this stage, they are ready to consolidate their basic sport-specific skills and tactics. These youths may play to win and do their best, but they still need to focus more time on skill training and physical development over competition. This approach is critical to the development of top performers and maintaining activity in the long-term, so parents should check with their national organization to ensure their child's program has the correct training-to-competition ratio.

“The Learn to Train and Training to Train stages are the most important stages of athletic preparation. During these stages, we make or break an athlete!” CS4L

This newly created program will focus on the original graduates of the program and welcome other riders from outside the geographical area of south eastern New Brunswick. Since this program will focus a bit more on racing (versus the original one that will still exist), the targeted categories will be Minime (U15) and Cadet (U17). Because this program focuses on the Canadian Sport 4 Life plan, keep in mind we are not limiting it to these specific age groups.

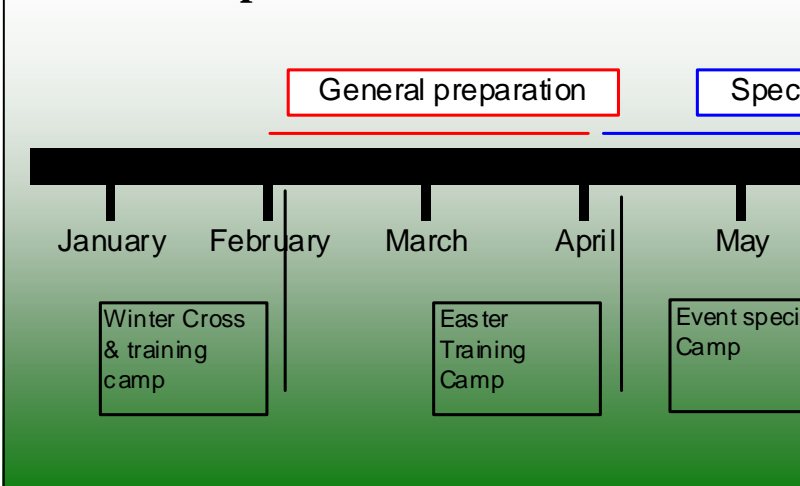
The Program

The season will be divided into 3 main cycles (plus the transition one) and the riders will receive a generic daily training plan. The coach will be present to at least two practice sessions per week to accompany the riders in their development. The training session will comprise of gym, trainer, outdoor activities during the General preparation cycle; and some sport specific (on the bike) sessions during the Specific and Competition phases.

During the competition season, the riders will wear the Centre colors and race as team Peter Wedge Race Program! Riders will be responsible to organise their travel to events, but the Centre will be organising at least one out of province project. These projects will be dealt with on an individual basis.

A racing program at the developmental stage results in a maximum of 400 hours of activities (some in group, some individually) and the average number of competitive races should turn around 20 days of racing per year.

2011 season plan



A Quick Overlook

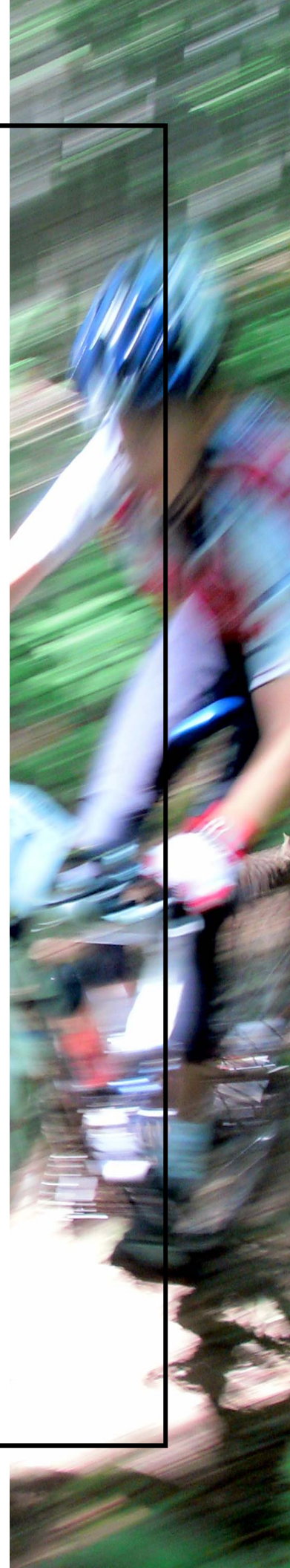
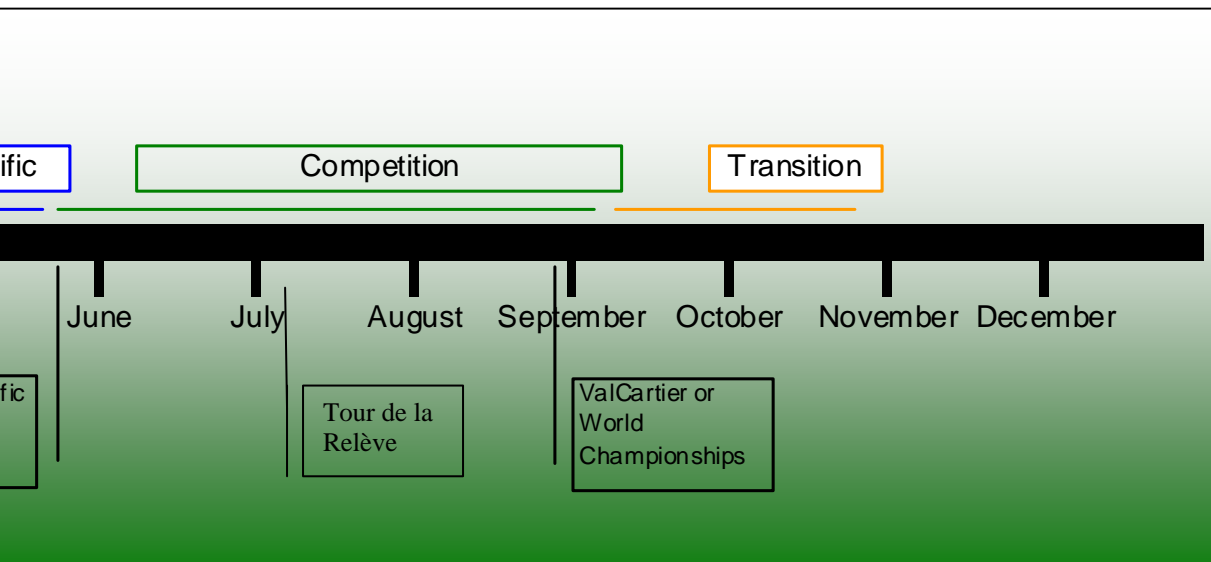
Program duration: *February to late August*

Coach: *Luc Arseneau, the Head Coach of the National Cycling Centre, will lead this program. Some assistant coaches will join the program as it rolls through the season. The coaching staff will be bilingual*

Categories: *Minime and Cadet*

Cost: *400\$ (and 300\$ for riders from outside the south-eastern New Brunswick area since they will have less coaching presence). This registration cost includes:*

- ☛ *30 weeks of generic training program*
- ☛ *3 training camps*
- ☛ *Coach lead sessions (at least two per week). More details on those sessions once the program is fully laid out.*
- ☛ *1 Apogée jersey and bib short (extras, including other items, can be purchased at Centre price)*
- ☛ *Invitation to participate to at least one out of province competition project (at this moment, we are looking at bringing the team to an event surrounding the World Mountain Bike Championships in Mont Ste-Anne, Québec)*





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