



Ontario High Performance System

STRUCTURE

The structure for high performance programming in Ontario involves the use of a full-time provincial **High Performance Manager** responsible for system development, national alignment, strategic and operational planning/execution, management of coaches, and obtainment of required resources.

A full-time **provincial mountain bike/road coach** is responsible for the overseeing/monitoring of targeted athletes [through communication with athlete and coach], addressing athlete needs through the use of sport science services, hosting of camps and projects [specifically for endurance based cycling disciplines], and facilitating club coach professional development opportunities.

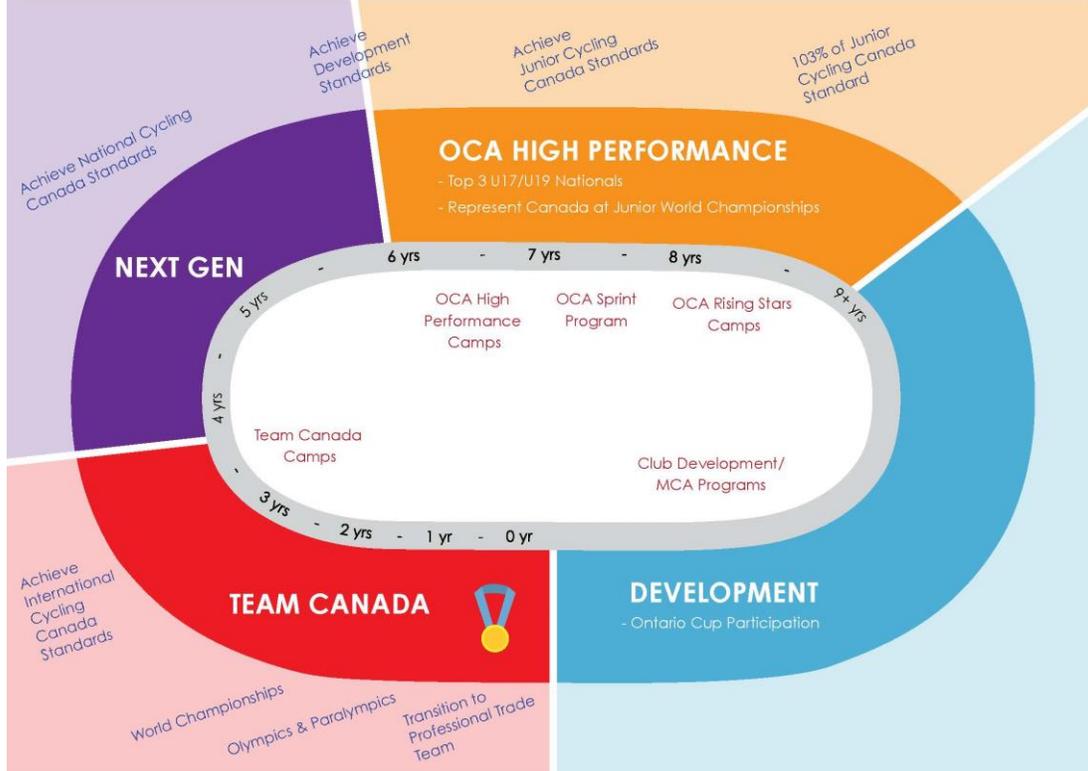
In addition to the provincial mountain bike/road coach, a **provincial track, BMX, and para-cycling coach** are contracted to conduct talent identification, deliver training camps/projects, and liaise with national coaches on program alignment.

DAILY TRAINING ENVIRONMENTS (DTEs) AND ATHLETE PATHWAYS

Mountain Biking/Track Cycling/Road Racing

In Ontario, cycling clubs [trade teams for older athletes], deliver the majority of the daily coaching and development opportunities. Athletes who demonstrate potential for national/international success are invited to attend provincial camps and projects, under the direction of provincial coaches and other guest coaches, in order to receive enhanced training and higher caliber competition exposure. Typically, this includes multiple warm-weather endurance camps in the winter to build early-season base miles and skill-specific training camps/competitions in early spring. Athletes are selected based on results at identified competitions and coaches' observation of athlete performance. Emphasis is placed on preparing and ensuring targeted athletes are supported in attending world championship qualifiers.

HIGH PERFORMANCE ATHLETE DEVELOPMENT PATHWAY - TRACK



HIGH PERFORMANCE ATHLETE DEVELOPMENT PATHWAY MOUNTAIN BIKE

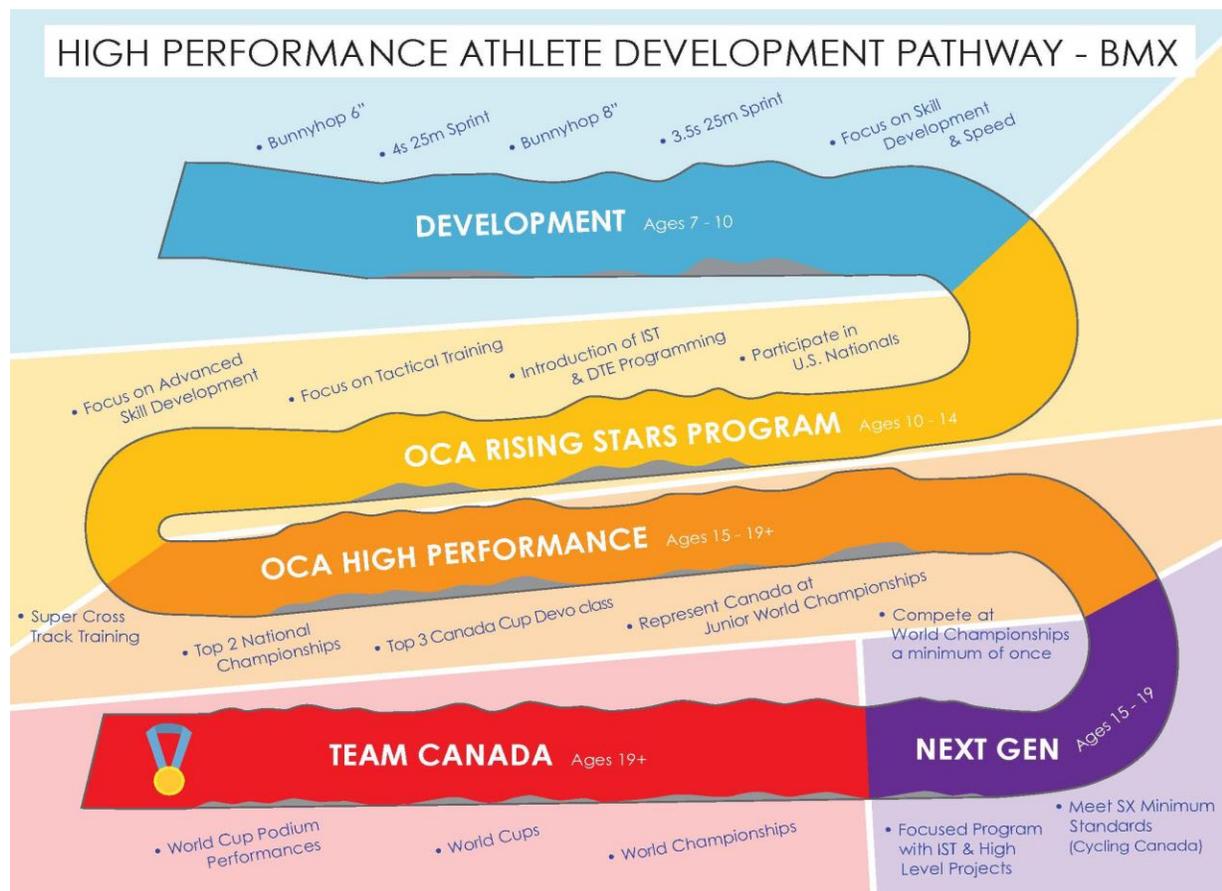


BMX

The high performance BMX structure differs from the other cycling sport disciplines. This is a result of the younger age for BMX athlete development and the current club format which exists in Ontario. Athletes [age 10-14] are invited annually to try-out for our Rising Star-BMX program. Those selected must commit to a minimum of two (2) training days/week under the OCA provincial BMX coach during the winter and three (3) days during the summer. Winter programming takes place in at JoyRide150 Indoor Cycling Park and summer training takes place at various BMX tracks including the BMX Supercross track in Etobicoke.

Athletes over the age of 14 who have demonstrated the potential for international success through their performances at Canada Cups, National Championships, and ABA/US-Cup races may be invited into Cycling Canada's NextGen BMX Program [formerly OCA HP program] under the direction of the Cycling Canada BMX Next-Gen East coach [the OCA and Cycling Canada have partnered on this position].

These athletes must commit to more extensive training including strength and conditioning gym sessions and are held to higher standards in maintaining performance. Warm-weather camps and targeted competitions are made available for these athletes with the goal of having these athletes selected for world championships and other national training camps, projects, or programs.

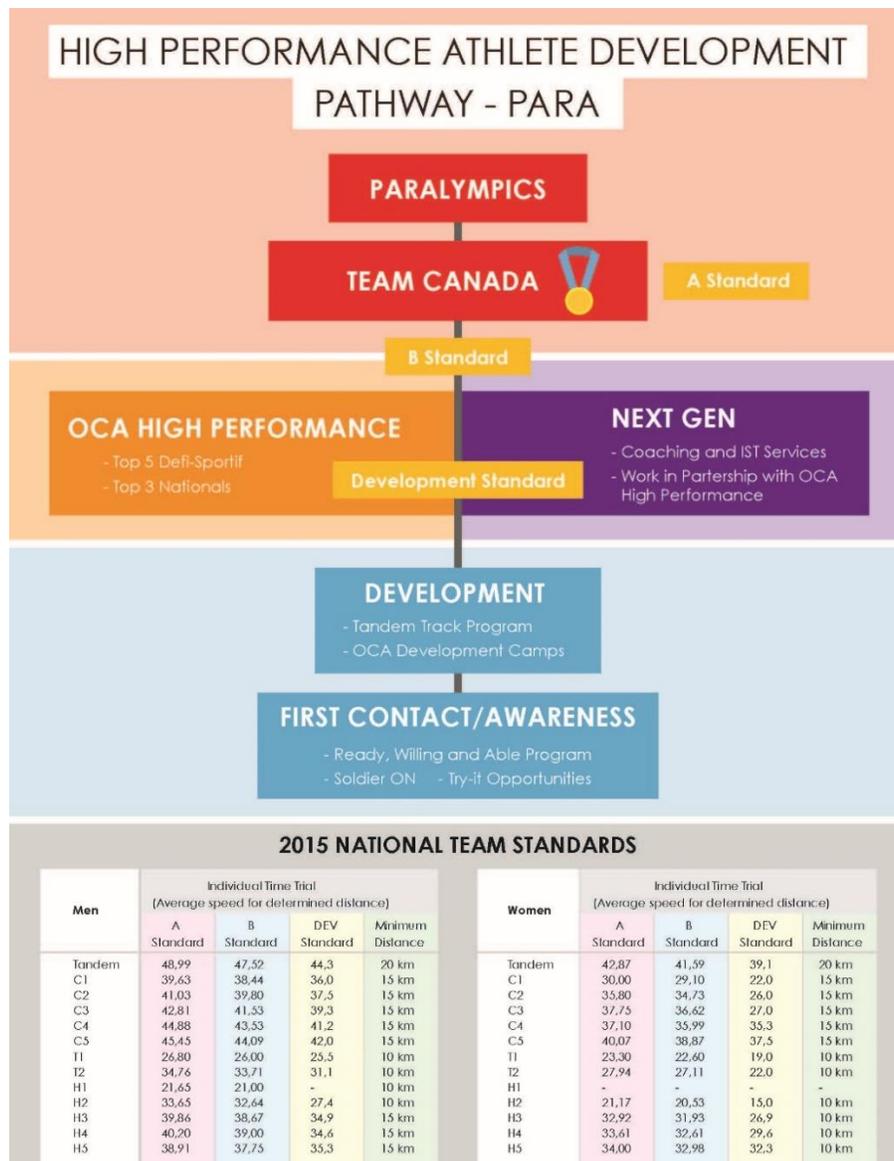


Para-Road (tandem/handcycle)

Athletes identified through try-it and development camps are invited into HP programs and projects. These include third-party run events such as Parasport Ontario's Ready, Willing, and Able program, Ontario Blind Sports Association introduction days, and OCA intro programs. OCA HP programs are led by a contracted Para-Cycling Development Coach under the direction of the HP Manager.

Para-track

The para-track program is currently focused around a partnership with the Ross MacDonald School for the Blind. A talent identification process will take place annually with identified athletes selected to be part of structured programming. The intention is to develop a large pool of potential athletes over the next 2-3 years. Transition into national programming will need to be determined as it is possible the OCA might be in a better position to monitor training until athletes can make the jump into a fully-supported national program.



OHPSI TARGETED ATHLETES

The Ontario High Performance Sport Initiative [OHPSI] is a program administered by the OCA in partnership with the Canadian Sport Institute Ontario [CSIO]. The program provides targeted athletes with additional training opportunities, sport science services [strength and conditioning, nutrition consultations, therapy, etc.], coach access to monitoring tools and consultations, and subsidies for participation at selected camps/projects. These athletes are targeted for having world championship qualification potential and specific preparation or qualification competitions will be arranged solely for these athletes. Please see Ontario High Performance Athletes section of the website for more details and selection criteria.

TRANSITION TO NATIONAL PROGRAMS

Athletes will transition into national programs differently for each sport.

The **track** program has a fully established national NextGen program based out of the Milton velodrome. This program helps bridge the gap between the provincial and national senior team. Selection criteria is found within annual NextGen selection/application documents produced by Cycling Canada.

A **mountain bike** national NextGen program has recently been established and is based in Victoria, BC. The program is primarily a camp-based program with selected athletes coming into camps when available and/or participating in regular training should they choose to move to Victoria. Currently the program runs somewhat in parallel to OCA HP Programming but provides athletes with additional enhanced training opportunities in their efforts to be selected into senior programming/projects.

There is no formally established national **road** program as athletes at this level belong to professional trade teams competing at the highest levels. U23 road athletes within the OCA HP Program typically will be on UCI Continental Teams and be working to move to Pro/Pro Tour Continental teams.

As joint initiative between OCA and Cycling Canada has supported a full-time coach for the **BMX** NextGen program. As of 2017, this program has replaced the OCA BMX High Performance program. Athletes receive dedicated coaching, training plans, and monitoring as well as sport science support and access to Cycling Canada led training camps and competition. Ontario athletes will represent Team Ontario at national championships.

Para-athletes who achieve a Cycling Canada development standard at a camp in competition may be invited to be part of Cycling Canada's Para NextGen program. The NextGen program and the OCA HP program run in tandem as the athletes can be part of both programs. Athletes demonstrating the ability for international results through their performances at competitions will be invited into Cycling Canada projects and programming.