



## OCA Coach Excellence Workshops

**Saturday, February 14<sup>th</sup>**

**9:00am – 12:00pm**

The OCA is hosting a morning workshop series for coaches in-conjunction with the Track O-Cup taking place at the Mattamy National Cycling Centre (velodrome) in Milton.

There is **NO COST** to attend. However, registration is required due to limited space availability. Please email [michael.suraci@ontariocycling.org](mailto:michael.suraci@ontariocycling.org) to register.

### **Workshop # 1 (9:00am -10:15am): Developing YTPs and Athlete Monitoring**

**Speaker:** Dr. Heather Sprenger, Lead, Physiology and Research, CSIO

A two-sport National Team athlete in hockey and road cycling, Dr. Sprenger, is applying multi-disciplinary sport science research initiatives to improve podium potential and performance in Canadian athletes. Dr. Sprenger will deliver a workshop to assist athletes and coaches in planning their training programs and provide information on when and how to test and monitor athlete performance.

### **Workshop# 2 (10:30am – 12:00pm): Integrating Para-Cycling**

**Speakers:** Sebastien Travers, Para-cycling National Team High Performance Coach

Guillaume Plourde, Para-cycling NextGen Coach

As we work towards building para-cycling in Ontario, Team Canada Para-cycling coaches will deliver a session on how to integrate para-cyclists into club structures, group training and racing. Information will help to address coach and club leader questions regarding what is required to integrate para-athletes. There will be plenty of opportunity to address individual questions and have open dialogue discussions.

To register, please email, [michael.suraci@ontariocycling.org](mailto:michael.suraci@ontariocycling.org)