



2009/10 HIGH PERFORMANCE TRACK PROGRAM



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Introduction

The lack of a National Team Program over the last few years has led to a limited number of athletes competing on the track internationally. We have some very talented riders on the High Performance Team and have recently hired a National Team Coach to run the program.

There are exciting opportunities in track cycling as the international governing bodies are in the process of changing the Olympic events and creating a parity between the men's and women's events and possibly putting more emphasis on team events. Canada brought home two silver medals at the 2009 Track World Championships and in recent testing have found that our athletes are capable of producing equal or above wattages as the top riders in the world at the same stage of development.

As we are in a four year Olympic cycle, we must prepare a larger number of athletes who are showing promise in their ability to be successful at the 2012 Olympics. One of the goals of the 2008/09 season was to identify potential cyclists and increase the team pool. This process has begun and will continue to be worked on as the CCA will invest more in developing this next group of athletes through training camps and competitions.

The recent appointment of a National Team Coach at the end of June 2009 has already shown to have had a great impact on the program. There are over 20 athletes in the National Team Pool who are committing to track, believe in the program that has been set, and are fighting for the limited spots on the National Team.

The current budget covers the costs of sending a few riders to the World Cups which Canada must participate in to qualify for starting positions at the 2010 World Championships. As such, athletes are being asked to pay for part of their way to allow for a larger team to compete, to provide valuable race experience, and increase the potential for more success.

Program

Please refer to [2009/10 National Track Team calendar \(pdf doc.\)](#)

As mentioned, Zach Bell and Tara Whitten won silver medals in the omnium event at the 2009 World Championships; an event that is rumoured to be an Olympic event in 2012. This success has permeated the attitude of the entire



National Team Pool who understands that the focus of the program is to develop riders who will be standing on podiums.

Since Canadian track athletes are mostly in their development phase, training camps have been organized in Burnaby and LA to provide quality training groups and hands-on coaching on the Velodrome. Athletes pay their way to participate as they understand the value in working together as a team and spending time on the track.

Incorporating IST and other elements is an area of focus that is starting to be implemented in to the program. Providing the athletes with better resources in regards to self-recovery, nutrition, mental health, goal setting, etc. will be implemented throughout the season to provide a better approach to overall training and recovery.

Due to financial constraints, the program is focused on the World Cups, specifically the third one in Cali in December, and the fourth one in Beijing in January. Few other races will be attended by Canadian Track Riders with financial support from the CCA.

The track budget is focused on the High Performance riders, which means that the eight athletes who attended Junior Worlds paid \$4,500 to attend. These athletes were selected based on qualifying times at events that were held in Edmonton, AB, London, ON and Burnaby, BC. No other province held a qualifying event.

Athletes also paid their own way to attend the Pan-American Championships in Mexico City where they came home with 5 Canadian Records, 1 Pan-American Record, and 7 medals.

Coaching development is something that needs to be improved. All coaches in Canada are welcome to join the National Team at 2009/10 training camps, but need to be self-funded. The purpose of the invitation is to increase the knowledge of the coaches in Canada in training track athletes, improve their technical knowledge of the events, and be in an elite atmosphere focused on winning. To date Jeff Ain from BC is the only coach to join a project.

Videos are also being developed as a tool for coaches and athletes to better understand how to prepare for track events, improve their development, and increase their knowledge of the tactics of each of the track events. These videos will serve as a training tool to help align individual athlete development with the focus and direction of the National Team Program.



Details on the proposed program

APRIL

Trials for the Pan-American Championships were held in April in LA with coach Jeremy Storie and were a success with 14 athletes qualifying for the event. Storie was impressed with the positive attitude and support of all the riders who participated.

April also saw the introduction of Petrina Tulissi to the CCA as the track coordinator.

MAY AND JUNE

Jr. Worlds qualifiers were held in Burnaby, Edmonton, and London with over 20 athletes attempting to make the standard. In the end, 6 men and 2 women qualified.

Richard Wooles was also welcomed back as the Head Track Coach.

JULY

The re-scheduled Panamerican Championships took place in Mexico City with 14 athletes and 1 coach. As mentioned earlier, the team was successful; however, they have the talent to have had better results in some of the events. For many, this was their first international race and a valuable experience for their development.

AUGUST

Junior World Championships took place in Moscow and provided an eye opening experience for the athletes and coach Rob Good. The main lesson learned was that the Canadians need to train and race with a variety of situations and that the juniors can train harder; they need to increase their tactical knowledge along with their physical conditioning.

Several composite teams raced in the team sprint and team pursuit events at the National Track Championships. The purpose was to maximize the UCI points gained by the National Team athletes and to provide race experience for the teams who may be representing Canada on the international stage.



SEPTEMBER

The first training camp that served as selection for the 2009/10 World Cups was held in LA. Ten athletes were lead by coaches Jeremy Storie and Tanya Dubnicoff. Several of the team pool riders were finishing up their road season with the Univest Grand Prix.

OCTOBER

The training and testing camp in Victoria was a success and presented several training, lifestyle, and recovery strategies that were new to the 14 cyclists present. Post camp resources were distributed to aid the athletes in incorporating the new skills in to their training program.

The second LA camp served as selection for the World Cup in Cali. This was an open camp with 21 athletes attending who are partially funded and another 4 fully self-funded athletes attending. The team also had staff support with head coach Richard Wooles, coach Tanya Dubnicoff, soigneur John Evans, Therapist Jenn Turner, and video analyst Michelle Wyngaarden. As a follow up from the IST focused camp in Victoria, a hydrotherapy pool was provided to help aid in athlete recovery.

Coach Tanya Dubnicoff and athlete David Boily went from LA to Manchester to represent Canada in the points race and scratch race at the first World Cup of the season. David had a strong showing in the points race qualifier with an 8th place finish to move on to the final. Three and a half hours later he was at the front of the pack in the final, but a few laps in and a break got away when David was in a bad position. The pace averaged over 51 km/hr, and with more strength, speed, and experience, he will start to collect some substantial points.

David Boily was once again in a qualifier with World Champion Chris Newton when he lined up to start the scratch race. The race was fast from the start, and with 8 laps to go Newton lead a breakaway with 5 athletes, including David who qualified for the final in 6th place. The final was all about chasing and David was active in the pack. A group broke away that didn't seem threatening, but other riders bridged up, lapped the field, and David found himself sprinting for 17th place. David rode fantastic in both races and represented Canada well.

NOVEMBER

Burnaby hosted a national team camp from the 2nd to 6th. This camp had an open invitation and 22 athletes from across the country attended. The level of abilities ranged from junior cyclists who are trying to qualify for Worlds in 2010 and future National Team contenders. The camp was a success with riders heading home feeling excited about the track and motivated to train hard over the winter months.



The second World Cup took place in Melbourne with Travis Smith and Jacob Schwingboth, as well as coach Jeremy Storie. Travis first attended the Perth Grand Prix where he had the second fastest qualifying time in the 200 meters and went on to finish 4th in the sprint and after a crash, 6th in the Keirin; a performance he was proud of for the first race of the season.

In World Cup action, Jacob Schwingboth got off to a good start in the points race qualifier scoring a point in the first sprint and raced tactically well picking up points in two other sprints. Unfortunately, that would not be enough for Jacob to move on to the final.

The next day, Jacob was up again for the Scratch race qualifier. He didn't panic when 6 riders gained a lap and with 1.5 laps to go he attacked from up high to string out the remaining contenders and move on to the final. The 15 km final averaged over 50 km/hr with Jacob being very active in the pack. In the end, 11 riders gained a lap and the Canadian finished a respectable 13th.

Travis started his World Cup with the Keirin. He drew a tough heat with stiff competition and fresh memories from crashing the week before and failed to advance in the first round. The repechage proved to be very active and once again Travis found himself shut out, went high and wide, but the speed wasn't there to move on.

Travis opened up his sprint tournament on a positive result qualifying 10th with a 10.365 for the 200m. Daniel Ellis of Australia took the lead and continued to raise the pace until it was too late for Travis to come around, so Ellis advanced and Travis continued to the B 1/4 final. Travis faced 2009 world sprint silver medalist from Malaysia, Azizul Awang and decided to ride from the front, as few had been able to win against Azizul from behind; but in the end the Malaysian had too much speed and Travis's event was over.

The Melbourne World Cup team flew directly to Los Angeles to meet up with the rest of the High Performance squad for a training camp to prepare for the Cali World Cup and continue to impress to be selected for the final World Cup in Beijing. There were 25 athletes who worked on team pursuit exchanges, sprinting tactics and pushed each other to ride faster. The improvements the athletes have made over the past few months and year were apparent to the entire team with improved speeds, technique, and tactics. Video analysis has proved to be a valuable tool for the athletes, who spent the evenings with their training groups discussing how to improve and pointing out corrections.



DECEMBER

The third World Cup in Cali, Colombia saw Canada represented by 11 riders and full support team, including mechanic, massage, soigneur, and coaching staff. Athletes were partially self-funded to cover the costs of attending the training camp and world cup races.

Monique Sullivan was the first Canadian to compete, with the 9th fastest time in the flying 200m. She went on to finish 13th in the sprint tournament and 7th in the 500 meter time trial. It was the Keirin where she showed her talents with a 5th place finish.

Travis Smith and Joseph Veloce had the 4th and 10th fastest 200 meter times to kick off the men's sprints. Joseph's sprint tournament ended after the first round, while Travis went on to the bronze medal final, but finished a respectable 4th. In the Keirin, Travis made it to the second round where he made his move early over the top and controlled the race, but was over powered in the last 100m finishing 4th and moving on to the 7-12 heat, which he won with ease.

The third member of the male sprinting team was Stephane Cossette, who like Joseph was competing in his first World Cup. He had a great World Cup debut and was sitting in 6th place at 650 meters in to the kilo before settling in to 11th. The three men teamed up on the last day of competition for the team sprint where they set a new Canadian record and had the 3rd fastest qualifying time of 45.393. In the bronze medal final they faced the Ukraine who edged them out for a medal.

In the endurance events, Zach Bell lead things out with a bitter sweet points race. After placing second in his qualifying heat, he had a tough battle near the end of the final which cost Zach the podium. During the last 2 sprints two riders took valuable points needed in the tally for the Canadian to stay in third. He was back the next day to compete in the Scratch race and raced to win. He took a risk by breaking away from the group in an attempt to lap the field and cross the line in victory, but with a few laps left the pack chased him down, caught him, and Zach finished 13th.

The Canadian quartet of Zach Bell, Jacob Schwingboth, Mark MacDonald, and Tim Sherstobitoff have been working really hard on speed, exchanges, and technique and were ready to compete in the team pursuit. The men made some mistakes, but finished with a new Canadian Record of 4:18.458 for 10th place and the potential to make some small changes for large gains.

Tara Whitten lead the women's endurance events by lapping the field with one other rider in the scratch race qualifier only to finish a disappointing 17th in the final. She came back strong with the second fastest time in the individual pursuit qualifier and raced to a silver medal in the final. Her last individual event was the



points race where she was tied for 4th place with 8 laps to go when she broke away with a New Zealand and Italian rider. She proceeded to drop the Kiwi and rode away from Georgia Bronzini to win the final sprint and her second silver medal of the World Cup.

The final event of the competition was the women's team pursuit where Tara was joined by World Cup neophytes Laura Brown and Steph Roorda. The trio raced to the top of the qualifying round with a new Canadian record, and in the final they repeated their near perfect performance to win the gold medal and set another Canadian record, 14.5 seconds faster than their time at Nationals in August.

JANUARY

This month will focus on the last World Cup in the UCI series taking place Jan. 22-24, 2010 in Beijing, China. The team, named below, will attend a training camp in LA and then fly direct to Beijing. The starters for the individual events will be named closer to the date of competition.

Women's Team Pursuit

Tara Whitten
Laura Brown
Steph Roorda
Alt: Julia Bradley

Men's Team Sprint

Travis Smith
Joseph Veloce
Stephane Cossette
Alt: Allan Leparskas

Male Endurance

Zach Bell

Female Sprint

Monique Sullivan

FEBRUARY

Having seen where we stand against the best in the world in the men's team pursuit at the Cali World Cup, we believe it is a realistic goal to qualify for one of the 8 spots that will be available at the 2012 Olympic Games. We need to work harder and improve times in a training environment, especially over the next 10 months, as qualifying for London will begin in the 2010/11 season. Because greater improvements can be made in training, the main focus of the training camp in February will be the men's team pursuit.

MARCH

The 2010 World Championships will be taking place in Copenhagen, and Canada will send the athletes who have shown the potential to proudly represent the program based on their performances at previous World Cups and training camps.



The location of the training camp before Worlds will be Apeldoorn in the Netherlands. This year will serve as a trial before determining if the location will serve as Canada's holding camp for the next three years prior to Worlds in 2010, 2011, 2012 and the 2012 Olympics.