



2010 HIGH PERFORMANCE PARA-CYCLING PROGRAM



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Introduction

Following the Canadian Cycling Association (CCA) presentations made to our funding body, Own The Podium, the CCA has received a significant increase, based both on the results obtained at the 2008 Beijing Paralympic Games, and the perspective of getting substantial results at the 2012 Paralympic Games in London. For the sport of para-cycling, this increase is reflected primarily by the hiring of two full time staff, a coordinator and a head coach, in addition to a part-time development coach.

A sport growing rapidly

Para-cycling is a rapidly growing sport on the international scene. With the transfer of governance from IPC to the UCI, para-cycling has undergone very important changes over the last few years, including the hosting of para-cycling Road and Track World Championships on a yearly basis, except for Paralympic year, the introduction of a Road Para-cycling World Cup in 2010, the likely introduction of a Para-cycling Track World Cup in 2011, the separation of Road and Track Para-cycling World Championships as of 2011, the introduction of a new classification system based on functional rather than by type of disability. In addition, athletes are becoming more and more specialists (road versus track, endurance versus sprint), which will put additional pressure on nations to develop more athletes.

Canadian reality

While the sport is growing and is becoming more and more important to develop new athletes, as the level of competition has attained very high levels over the last years. The Canadian Cycling Association has several challenges in the years to come in order to remain competitive and get the best possible results in London. Some of these challenges are:

- The team is aging and we need to get athletes to replace those who are or will be retiring in the next two years;
- We need to get equipment (hand bikes, tandems, tricycles) which are competitive on the international scene;
- We need to create a national network across the country to develop para-cycling from coast to coast, including dedicated coaches, specific events, better integration within the existing cycling structures;
- We need to provide interest and incentives to attract potential top level athletes to become tandem pilots;
- We need to better interact with national and provincial disabled organisations to promote para-cycling;
- We need to focus some of our efforts in classes/divisions where there is less competition at this time on the international scene (more severely disabled and women)
- We need to diversify in terms of classes/divisions representation in order to maximize the number of slots obtained for the 2012 Paralympic Games in London;
- Develop a partnership program to acquire equipment that can be lent to upcoming athletes.



The national para-cycling program is designed to provide our athletes with a targeted annual performance at the World Championships and, ultimately, the Paralympic Games. Our current top road athletes, based on the latest performances registered at the Road para-cycling World Championships, in Italy, last September are the following:

- Daniel Chalifour and Alexandre Cloutier
- Stéphane Côté and Pierre-Olivier Boily
- Robert Labbé
- Marie-Claude Molnar
- Team relay (hand bike)

As for the track, the 2009 Track Para-cycling World Championships will be held at the beginning of November, but we can already indicate that our best hopes are with the following athletes

- Daniel Chalifour and Alexandre Cloutier
- Brian Cowie and Devon Smibert
- Marie-Claude Molnar
- Team sprint (2011)

The interesting thing about some of the athletes mentioned above, such as Marie-Claude Molnar and Robert Labbé is the fact that these were their first World Championships, which tends to support the theory that we need to put some emphasis on recruitment and developing women and more severely disabled classes/divisions.



Note: Please note that some locations and dates are subject to change due to budget or logistical issues

Road Program

With the introduction of a UCI Road Para-cycling World Cup, and the fact that this new series will have a crucial importance in the qualification for the 2012 Paralympic Games in London, attending some of these events becomes a priority. For 2010 and 2011, the national team will enter a minimum of two events each year to maximize its number of points. One of these events will be held in Europe, whereas the second one will take place in Sept-Îles (Canada). We are very fortunate to have the possibility to have such an event in Canada, which will not only enable us to earn many valuable points, but as well to expose some of our upcoming athletes to international top level athletes.

Given the limited race program on the international scene, it is imperative that para-cyclists be allowed to compete with able-bodied athletes. This is already the case in some provinces. We need to reinforce the importance of this aspect, including for tandem cyclists.

Track Program

As of now, the competition opportunities are very limited for track para-cycling on the international scene. It is foreseen that there will be a Track Para-cycling World Cup introduced in 2011 or 2012. For the time being, besides the Track Para-cycling World Championships, there are only a few P1 events. Since the P1 events on the track will not count towards the qualification for the 2012 Paralympic Games, their main purpose would be to enable athletes to have racing opportunities prior to the World Championships.

Proposed program

See 2010 National Paralympic calendar (excel doc.)

Details on the proposed program

JANUARY AND FEBRUARY

Targeted athletes work with their personal coaches who are in contact with the National Team Head Coach.

MARCH

A first training camp for National team members as well as certain development athletes will be offered in Varadero (CUBA) from March 13-29. The objectives of this camp are:

- Ensure the level of fitness of all athletes prior to the start of the season;
- Provide optimal training conditions and prepare the upcoming season;



- Enable athletes to meet with IST experts (ex.: doctor, biomechanics specialist, nutritionist, prosthetics, etc.);
- Enable para-athletes to train with able-bodied athletes who are present;
- Present the process to qualify for the 2012 Paralympic Games in London;
- Present the 2010 National team program;
- Explain the new UCI functional classification system and its impact;
- Review the list of banned/restricted substances and familiarize athletes with the whereabouts procedure – CCES;
- Workshop on bicycle maintenance and bike handling for travel.

APRIL

A preparation camp will take place before the Défi-Sportif and will be followed by some testing the days following the Défi-Sportif. This camp is mainly targeted for development athletes. (*Note: Please consult the Appendix 1 for additional information on the training camp*).

MAY

CCA will enter a national team in the World Cup “Les Monédières” which will take place in France from May 21-23. The objectives for participating in the World Cup are the following:

- Earn as many points as possible towards the 2012 Paralympic Games qualification process;
- Determine how athletes rank against the top athletes in the World
- Establish data for selection purposes for Road World Championships;
- Validate performance standards, especially with the introduction of the new functional classification system.

JUNE

CCA will hold a track training camp in Western Canada. This camp is targeted to new/development athletes (*Note: Please consult the Appendix 1 for more details on the development camp initiatives*).



JULY

Road Para-cycling National Championships will be held in St-Georges de Beauce (Québec) on July 3rd and 4th.

Track Para-cycling National Championships will be held from July 9-11 in Bromont, QC. This event will serve as the basis for the selection of athletes for the 2010 Track Para-cycling Championships.

AUGUST

CCA will enter a national team and most likely, a "B" Team in the UCI World Cup being held in Sept-Iles, QC, from August 13-15. The objectives for participating in the World Cup in Sept-Iles are the following:

- Earn as many points as possible towards the 2012 Paralympic Games qualification process;
- Determine how athletes rank against the top athletes in the World
- Establish data for selection purposes for Road World Championships;
- Expose some development athletes to the international scene;
- Encourage maximal participation from Canadian athletes (3 per division) in the World Cup, either with the national team, their provincial team or their club.

The Road Para-cycling World Championships will take place in Baie-Comeau, QC from August 17-22.

The objectives for the World Championships are the following:

- Win as many medals as possible both on the road and on the track;
- Repeat or improve the performance obtained during the 2009 Road and Track Para-cycling World Championships;
- Earn as many points as possible towards the 2012 Paralympic Games qualification process for London.

FALL

The dates of the Track Para-cycling World Championships are yet to be announced by the UCI.



Open Training Camp

These camps, by their « OPEN » title, target all para-cycling athletes wanting to benefit from CCA services. These camps do not target regions or levels of experience and have the same objectives sought out in the development camps. These camps are of secondary importance and will be held based on available athletes. What is more, it is possible that following the first year of implementation of the new classifications system, some athlete's handicaps may be prioritized. The holding of these camps would however be conditional of funding and human resource availabilities.

Eastern Open Training Camp:

- Week prior the Track National Championships (date to be confirmed)
- Number of athletes targeted: 10+
- Duration of the camp: 4 days

Western Open Training Camp:

- Early September (*final date to be confirmed*)
- Number of athletes targeted: 10+
- Duration of the camp: 4 days

Pilot integration in Able-body program

It has become a necessity to increase the level of performance of our pilots and the CCA will provide them opportunity to attend National Training Camp and/or projects as guests in the able road and/or track National program.

Such opportunities will be assessed on an individual basis according to the needs and objectives of the pilot. The Para National Team Head Coach will work conjointly with the Athlete Personal Coach and the Athlete as well as the Road and/or Track Para National Team Head Coach to determine which opportunity will best suit the development of the pilot.

National Development Camps

1. Eastern Camp

- Week preceding the Défi-Sportif
- Targeted number of athletes : 6 and more
- Duration: 5 days



2. Western Camp

- Early June
- Targeted number of athletes : 6 and more
- Duration : 5 days

APPENDIX 1

National Development Camps

- **Eastern Training Camp**
 - Week preceding the Défi Sportif
 - Number of athletes targeted: 6+
 - Duration of the camp: 5 days
- **Western Training Camp**
 - Early June
 - Number of athletes targeted: 6+
 - Duration of the camp: 5 days

Dates subject to change based on National Calendar

The main goal of these training camps is to introduce new athletes to para-cycling racing. The camps start with a video and photo presentation on the reality and requirements of the sport, from training basics to specific equipment and technical aspects of para-cycling.

The next step is positioning. Each athlete will have the opportunity to evaluate their position on the bike, a major determinant of performance depending on the type of disability. We will also determine what adaptations need to be made to each bike to optimize position.

Bike handling is often a neglected aspect in the development of para-cyclists. The training camps will focus on the basic technical aspects of cycling to help participants become more comfortable with bike handling.



The training camp is also an opportunity to evaluate new athletes. Race situation testing (e.g. flying 500m, standing 250m) will be conducted to evaluate performance factors and provide a benchmark for athletes to measure their progress. Finally, athletes will learn about training and preparation for important races.



Tandem Pilot Selection

- **Integrated to Eastern Training Camp**
 - Number of athletes targeted: open
 - Duration: 2 days
- **Integrated to Western Training Camp**
 - Number of athletes targeted: open
 - Duration: 2 days

Potential tandem pilots will be identified during training camps. Following recommendations by the head coach, the CCA will establish pilot selection criteria. During the training camps, the future pilots will be tested and have the opportunity to try the tandems in race situations and familiarize themselves with the para-cycling program. For more information on becoming a tandem pilot, please refer to the 2010-2012 Para-cycling Development Action Plan.

Integrated Support Team (IST) Services

- **Integrated to Eastern Training Camp**
- **Integrated to Western Training Camp**
 - 2 conferences in total
 - 1 presentation on the CCES context

During the training camps, athletes will receive information on performance factors from professionals from various fields. A sport psychologist and a nutritionist will facilitate an information and consultation session. Also, a bike mechanic will be on-site to evaluate specific needs and assist with maintenance for upcoming competitions.