



# **2010-2012**

# **Para-cycling Development**

# **Action Plan**



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## *DEVELOPMENT PARA-CYCLING*

### *ACTION PLAN*

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*Note: In case of any wording discrepancies between the English and French versions of the selection criteria, the English wording takes precedence.*

## 1.0 Background

Canadian para-cycling has been growing steadily since its beginnings. From the first Paralympic Games (Barcelona, 1992) which featured two Canadian athletes, the National Team is now comprised of a strong group of para-cyclists. International participation and the number of events on the Paralympic program are also on the rise.

The profile of Canadian para-cyclists has remained similar over the years. The Paralympic reality often involves older athletes with highly variable levels of experience depending on class and type of impairment. In addition, the emergence of new athletes has been slow. If we look at top para-cycling nations, it is clear that Canada needs to implement development strategies if we want to achieve best results at the 2012 London Paralympic Games.

It is important to mention that the development of para-cyclists can differ greatly from that of able-bodied cyclists. For example, an athlete with little or no experience in cycling may become competitive at the international level within a year. This reality justifies the need to conduct talent identification and development activities.

At the national level, para-cycling is integrated in the Canadian Cycling Association's (CCA) regular activities: coaching, racing and National Team programs are all fully managed by the national association. The same applies to the provincial and territorial level, although some jurisdictions are more active than others.

At the provincial level, the organization and management of para-cycling is for the most part overseen by cycling federations, although various associations for persons with a disability play a key role in the organization of races or talent identification activities (i.e. cerebral palsy sports associations, wheelchair sports associations, etc.)

## 2.0 Summary

The objective of the Para-cycling Development Action Plan is to define actions taken by the CCA to create a facilitating environment for new Canadian para-cycling athletes and their coaches. The plan outlines strategies, as well as general objectives and timelines.

This program will be defined and delivered by the National Development Coach in collaboration with various sports national and provincial organizations and organizations for persons with impairments.

In its detailed version, the Action Plan outlines strategies used to maximize the following:

- 1- Network of provincial para-cycling resource persons
- 2- Talent identification, information and promotion activities
- 3- Training camps
- 4- Identified upcoming athletes: all new athletes competing on local, regional or provincial competition circuits will be considered
- 5- Identified development athletes: all athletes competing in National Championships and athletes competing in World Cups (recommended by but not as part of the National Team) will be considered
- 6- Athlete fostering program

In the first year of implementation, the plan is to be carried out in two phases. Phase I will involve approaching the organizations listed below. Phase II will focus on working with newly identified athletes.

It is important to note that implementation of the Action Plan is already underway and that work has already begun with newly identified upcoming and development athletes following activities held in 2009.

### **3.0 Description - Action Plan**

#### **3.1 Provincial Para-cycling Network**

In order to make para-cycling accessible to the entire targeted population, the CCA must make contact with provinces and territories to ensure they each designate at least one person to work with disabled athletes.

The purpose is for the designated individual(s) to refer potential athletes to the CCA, provide guidance to athletes based on their disability and include para-cyclists in able-bodied activities (racing or provincial team programs).

The CCA must also provide provincial cycling federations with an overview of the reality and implications of para-cycling. During these information sessions, federations will receive an update on how to include para-cyclists in able-bodied events in order to facilitate access to competition, which in turn allows for a continuous evaluation of new athletes through their results.

Making contact with provincial bodies will help create a national support network for athletes, coaches and clubs interested in offering services to para-cyclists.

Here is an overview of the current involvement of provinces in para-cycling:

ATLANTIC PROVINCES:

- Contact to be established with the network of federations;
- No inclusive races on 2009 calendar;
- One coach approached or put in charge of para-cycling.

**Contact person:** Luc Arseneau

Activities planned:

- Information session and visit of the rehabilitation institute in Moncton;
- Para-cycling initiation camp held in conjunction with the National Cycling Center – Atlantic Canada’s Easter training camp;
- Eastern Training camp in Bromont, QC;
- Training camp OPEN in Bromont, QC.

QUEBEC:

- Strong interest of the federation in para-cycling (training, racing, talent identification);
- Established competition circuit where para-cyclists can compete with able-bodied cyclists;
- Full-time coordinator and coach responsible for para-cycling as part of their duties;
- 21 identified athletes.

**Contact person:** Pol Dussosois

Activities planned:

- Information session and visit of rehabilitation institutes in Montreal and Quebec City;
- Eastern Training Camp in Bromont, QC;
- Training camp OPEN in Bromont, QC.

ONTARIO:

- Federation has begun including para-cyclists in provincial structure;
- No coach approached or put in charge of para-cycling;
- 3 identified athletes.

**Contact person:** Brendan Arnold

Activities planned:

- Information session and visit of rehabilitation institutes in Toronto OR Hamilton;
- Eastern Training Camp in Bromont;
- Training camp OPEN in Bromont, QC.

#### MANITOBA:

- Contact to be established with the federation;
- One coach approached or put in charge of para-cycling: Jayson Gillespie.

**Contact person:** Olli Hyytiäinen

Activities planned:

- Western training camp in Calgary;
- Training camp OPEN in Burnaby.

#### SASKATCHEWAN:

- Federation has actively supported their identified athlete;
- No coach approached or put in charge of para-cycling;
- One (1) identified athlete.

**Contact person:** Denise Eberle

Activities planned:

- Western Training Camp in Calgary;
- Training camp OPEN in Burnaby.

#### ALBERTA:

- Strong interest of a club (Bicisport) in para-cycling (training, racing, talent identification);
- Developing competition circuit where para-cyclists can compete with able-bodied cyclists;
- One coach approached or put in charge of para-cycling: Stephen Burke;
- 5 identified athletes.

**Contact person:** Cameron McKnight

Activities planned:

- Western Training Camp in Calgary;
- Training camp OPEN in Burnaby.

#### BRITISH COLUMBIA:

- Contact established with the federation;
- One coach approached or put in charge of para-cycling: Peter Lawless;
- 2 identified athletes.

**Contact organizations:** BC Blind Sports (Jane Blaike) and Sportability (Terrie Moore)

Activities planned:

- Western Training Camp in Calgary;
- Training camp OPEN in Burnaby.

### YUKON, NUNAVUT, NORTH-WEST TERRITORIES:

- Contact to be established with the federation
- No coach approached or put in charge of para-cycling
- No athletes currently identified

Contact person: TBD

Contacting provincial cycling bodies is the starting point of this Action Plan and has begun in November 2009. The Para-cycling Long Term Athlete Development Model (LTAD) will provide the provincial federations with a strong reference in regards of the implementation of para-cycling within their able-bodied programs. The document is near completion and is set to be published in February-March 2010.

### **3.2 Talent Identification, Information and Promotion Activities**

Talent identification activities will allow us to come into contact with impaired persons of all profiles, from recreational to future high performance athletes. Also, these activities will help us develop a contact network in various organizations that may lead to athlete referrals.

The implementation has started in November 2009 in order to begin activities in January 2010. Activities may be conducted on the Computrainer® or outdoors and may be coupled with information and promotion sessions.

Regarding equipment, provincial federations will be referred to the Canadian Paralympic Committee (CPC) to apply for various equipment grant programs (Paralympic Summer Sport Equipment Fund).

In a multi-year perspective, the development coach is committed to organizing and conducting talent identification and information sessions. However, this responsibility should in time be taken over by provincial representatives, as warranted by their level of development.

The groups targeted by these activities are:

- 1- Rehabilitation centers: it is essential to make contact with the various rehabilitation centres across Canada.
- 2- Provincial associations for persons with impairments: for example, in Quebec, the following organizations are associated with para-cycling:
  - a. Quebec Wheelchair Sports Association
  - b. Quebec Cerebral Palsy Sports Association
  - c. Quebec Blind Sports Association;
  - d. SportAbility.

- 3- Canadian Armed Forces (through the Soldier On program): activities have taken place with this group in the past.
- 4- The War Amps.
- 5- Provincial cycling federations: at least one talent identification event should be organized in conjunction with provincial cycling federations in order to involve them in the process.

### Website

The website facilitates communication with athletes, provincial and national organizations, specific organizations, etc. The website features activities, event calendars, LTAD information, etc. as well as an up-to-date list of resource persons to facilitate access to para-cycling for new athletes, coaches, organizers, etc.

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### **3.3 Training Camps**

Training camps will take place across Canada with the goal of introducing identified athletes to high performance sport.

The training camps will touch on specific topics, namely:

- Presentation of CCA programs and structure
- Training focus based on time of year
- Technical training
- Preparation for a specific provincial or national project
- Inclusion of development athletes in high performance camps
- Specific adaptations to bikes
- Technical workshops and conferences (e.g. nutrition, biomechanics, CCES, sport psychology, etc.)

### Pilot Selection

Pilot selection will take place during development camps. It is important to build a pool of male and female back-up pilots, without requiring an official commitment from these athletes. Tandem clinics will be conducted for this purpose without the mandatory participation of blind athletes.

Overview of pilot selection criteria:

- Pilot must be heavier than the blind athlete (by approximately 10 kg).
- Pilot's power-to-weight ratio must be greater than 5 watts per kg.
- Pilot must be at an advanced technical and skill level and have a strong tactical sense due to the nature of tandem riding.

Performance indicators:

- Individual pursuit: 4m45 (Bromont or Burnaby track)
- Be among the best Canadian time trial and track individual pursuit cyclists
- Have a profile similar to world class pilots (power, size and weight, etc.)

It is important to note that the pilot has sport-related but also social responsibilities towards the blind athlete. The pilot must be available for training and races and act as a support person for the blind athlete for all non-training/ racing activities (travel, communication, etc.).

### **3.4 Identified Upcoming Athletes**

All new participants will be considered for the **upcoming athletes'** category, whether or not they compete on local, regional or provincial circuits. The CCA's minimum performance standards (i.e. 90% of the National Team standard) do not apply to these participants and race experience is not a pre-requisite. Most of these athletes will be new to para-cycling.

The goal is to increase the number of upcoming athletes by fostering Canada-wide participation, but above all to support the progression of these athletes so they quickly achieve development status.

Most of these participants will be referred by contacted organizations and will begin at the introduction to competition stage. They will be supervised by the development coach, along with their personal coach if applicable.

### 3.5 Identified Development Athletes

Athletes that compete in provincial or national championships may be considered for the development category. These athletes must not be identified by the CCA and must achieve a performance standard equivalent to 90% of the National Team standard.

The objective is to increase the number of athletes in this category by focusing on categories where Canada is not currently represented, and to help athletes make the National Team to compete in World Championships or World Cup events (note: athletes do not have to be part of the National Team to compete in World Cups; they simply have to be recommended by their national federation).

### 3.6 Athlete Fostering Program - *New in 2010*

The Athlete Fostering Program is designed to help cyclists with impairment enter a provincial or national para-cycling program. Through equipment donation, the “Foster party” will support an athlete in their introduction or achievements in para-cycling.

The “Foster party” can be a company, a veteran or retired athlete or anyone wishing to support an athlete in their athletic development.

The prime objective of the Fostering Program is to allow new para-cyclists to access the sport, despite their financial challenges. By giving access to equipment, we hope to initiate and develop a wide range of para-cyclists and future talents.

The second step of the program is to provide development para-cyclists (not currently part of the National Team list of athletes) with higher quality training or racing equipment such as: high performance road or track bicycle, indoor trainer, performance measuring tools, etc.

The Athlete Fostering Program is a Canadian Cycling Association national initiative. The Provinces are encouraged to introduce a similar program in order to promote the development of the sport. The Foster parties will be recognized through the CCA website and social media as well as different promotional events.

Please, do not hesitate to contact Development Coach, Sebastien Travers ([sebastien.travers@canadian-cycling.com](mailto:sebastien.travers@canadian-cycling.com)) or Para-cycling coordinator, Julie Hutsebaut ([para@canadian-cycling.com](mailto:para@canadian-cycling.com)) for additional information on how to donate through the Athlete Fostering Program.

## 4.0 Timeline

Task	Goal	Timeline
Creation of provincial para-cycling resource network	Identify one person per province that is capable of guiding future para-cyclists	April 2010
	Promote inclusion of para-cyclists in able-bodied race calendar	2010 season
Talent identification, information and promotion activities	Identify potential athletes and create a database	2010 season
	Identify contacts in various designated organizations to refer potential athletes	2011 season
Website	Upload para-cycling documents and event calendars	Regularly updated
Introduction to para-cycling sessions	Information and talent identification sessions in various rehabilitation centres across Canada	N/A
Training camps	Introduce athletes to program requirements and educate them on the reality of para-cycling and high performance sport	<ul style="list-style-type: none"> <li>- Eastern Training Camp (April 18-25)</li> <li>- Western Training Camp: (June 1-5)</li> <li>- Eastern Open Training Camp (July 22-25)</li> <li>- Western Open Training Camp (September 2-6)</li> </ul>
Identified upcoming athletes	Recruit and develop new athletes not identified in 2009 Have five new athletes participate at National Championships	June 27, 2010
Identified development athletes	Recruit and develop new athletes not identified in 2009 and train athletes targeted in 2009 Qualify two new athletes for the 2010 World Championships	July 29, 2010