



2010 HIGH PERFORMANCE ROAD PROGRAM



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Introduction

2009 was the first year of the new quadrennial leading up to the London Olympics in 2012. Despite injuries to targeted athletes many performance benchmarks were still met at World Championships. The investments into the women's program proved worthwhile with Erinne Willock placing 7th in the road race and Tara Whitten placing 8th in the individual time trial. On the men's side, Svein Tuft could not repeat his podium performance from 2008 and but still finished in 15th place this year. This can be attributed to 2009 being his first year on a Pro-Tour team in Europe. He had to deal with a few crashes and a busy race calendar. However, all our targeted male athletes had success this year. The highlight coming at the Vuelta a Espana with Ryder Hesjedal winning stage 12.

One of our goals was providing more opportunities to women in order to evaluate their potential and give them more international racing experience. The end goal of this initiative is for them to sign a professional contract with an established team. In 2009, over 15 women did a national team project. Among them, Joëlle Numainville who was a Tier 2 national team athlete and had an excellent season including winning the Pan-American Championships and being selected for World Championships. Joëlle has signed a contract with the professional American Team, Webcor (same team as Erinne Willock, Alexandra Wrubleski and Gina Grain). Finally, two more Canadians may join a European Professional team for 2010.

This first year was also important to determine what kind of services our athletes need. The CCA's IST coordinator Andrea Wooles, along with the athlete's personal coaches, spent the year refining what is most important for the athletes. Cycling is a very geographically decentralized sport with Canadian athletes living and competing around the world. We are now in a better position to implement these services in 2010 and to respond efficiently to their needs.

With 70 percent of the road team's time spent in Europe in 2009 and even more time planned for 2010, we need to offer a better environment to our athletes for training, racing and living in Europe for extended periods of time. A permanent European base that is fully equipped (lodging, staff, vehicles, services, etc) is the key to developing Canadian cyclists to be competitive with the top cycling nations in a near future.

Proposed Program

2010 Road Program Calendar																											
	Feb		March			April			May			June			July			August		September			October				
Elite Women	T.C.					Euro Program Phase 1				UCI Can		Nat					Euro Program Phase 2			WC		CWG					
Men U23	T.C.					Euro Program Phase 1				UCI Can		Nat					Euro Program Phase 2			WC							
Elite Men													Nat								UCI Can		WC		CWG		
Junior										European Prog				Nat		Can/US		WC & Euro									

Visit the road section on the CCA website www.canadian-cycling.com for a detailed 2010 National Team program calendar.



Women's Program

The 2010 program will be similar to 2009. A large pool of female athletes was identified in 2009. The number of projects will need to increase in order to expose them to international competition. Our athletes need international exposure in order to be competitive at major Games and World Championships.

A large number of Canadian athletes are unfortunately not part of a professional team that would provide them with a well structured calendar of high level events. Therefore, the CCA is required to play a greater role in preparing targeted athletes. Own the Podium (OTP) has acknowledged these shortcomings and has decided to invest in programs for female road athletes.

We believe that to increase the quality of the European projects that involve racing and training, a permanent European base is required. A base will make it easier to provide services. The base will also make recovery and adapting to an extended stay in Europe easier for the athletes. We want to create a familiar environment where the athletes can feel at home while in Europe. This Canadian base would be used for any other targeted athletes who compete with a trade team and may need assistance or services.

Currently, the women's program has two phases. The first phase will run from mid-March until May. The second phase will start in July with the aim of preparing for the World Championships. The program also includes the UCI (International Cycling Union) races in Canada (World Cup, Tour du Grand Montreal and the Tour de PEI). Participation in the Pan-American Championship is also being considered in the context that many UCI points are available. The length and composition of the European phase will vary depending on the availability of athletes and invitations to events.

Details on the proposed women's program

DECEMBER TO JANUARY

During this period, targeted athletes are training with their professional teams. Discussions will be made with targeted athletes to finalize the national team program.

FEBRUARY

A training camp for targeted and development athletes will be offered in Tucson, Arizona (February 1-15). The objectives of this camp include:

- Consolidate and identify all athletes who wish to eventually represent Canada at major events

- Assess the potential of each athlete
- Discuss training plans
- Establish short, medium and long term goals;
- IST services

MARCH TO MAY

The first block of the project will begin in mid-March with preparation / adaptation in Europe prior to the UCI races in northern Europe. Races such as the Tour des Flandres, Flèche Wallonne, GP de Suisse, three World Cup rounds and Le Tour de l'Aude, are all part of the program. All the activities of this first phase will be done from the European base.

The objectives of this first European block are:

- Provide our top Canadian athletes international experience
- Further development in international competitions
- Provide quality training between races
- Prepare athletes to perform at the World Championships and ultimately other major games
- Score UCI points to qualify starting spots at World Championships and Olympic Games

MAY and JUNE

Other planned events include Pan-American Championships likely to take place in May. This will be funded or partially self-funded. The Pan-American Championships is an excellent opportunity to gain valuable UCI points in order to improve the classification on the UCI World Ranking. This can possibly lead to more riders qualifying for the World Championships. We will encourage our best female athletes to participate in this project. However, we will prioritize in accordance with the national team list.

Participation in the UCI sanctioned races in Canada, including the Montreal World Cup, provides a great development opportunity for our athletes. Although many of our targeted athletes may be supported by their professional teams to participate in these events, there are always athletes who are without teams and need the National team to enter into these races. In addition, participation in these events is a great showcase for Canadian athletes on home soil.

JULY to OCTOBER

The second phase of the European program will start mid July with a series of UCI stage races. These races will prepare Canadian athletes for one of our goal of being competitive at Road World Championships in Melbourne, Australia.

The European base will be the main centre for our training and racing activities.

In 2010, we will also have another important goal at the Commonwealth Games in India (October). All the preparation done for the World Championships will be able to be carried over for the Games which will be held right after the Worlds.

The objectives of the second phase are:

- Prepare an optimal team for World Championships by offering a program of competitions and a structured training plan
- Integrate, if possible, selected athletes who excelled at previous projects an opportunity to gain additional experience
- Score UCI points to qualify starting spots at World Championships and Olympic Games

Elite Men

The elite men's program focuses on Road World Championships held on September 29th to October 3rd in Melbourne, Australia. All our targeted male elite athletes are currently under contract with professional teams and they do not need the national team to participate in high level events. However, some funding has been allocated to prepare some targeted athletes such as Svein Tuft, for the ITT World Championships. Video taping the WC courses has been allocated into the budget.

Canada may enter a National team into the proTour races scheduled for early September in Quebec. Our priority will be to field a competitive and cohesive team supported by a professional staff.

Other planned events include Pan-American Championships likely to take place in May. This will be entirely self-funded, unless CCA can secure sponsorship. Since we will likely have a female team at Pan-American Championships, there will already be coaching staff there so the main cost attached to this project will be airfare. The Pan-American Championships is an excellent opportunity to gain valuable UCI points in order to improve the classification on the UCI America Tour. This can possibly lead to more riders qualifying for the World Championships. We will encourage our best male athletes to participate in this project. However, we will prioritize in accordance with the national team list.

Espoir (U23) Men Program

In 2009, we ran only two Under 23 (U23) men's projects that included World Championships. This decision was made based on not having any funding for them. After a review and discussions with different stakeholders in the Canadian system, we think that we have a responsibility to develop more young riders and bring them to the next level of professionalism.

Road cycling is the cycling sport in Canada where we have the larger number of participants. We also have a lot of talent into this group. Because a gap exists between the North American and European level in terms of club/team structures and racing, we have the responsibility to create more opportunities for young Canadian road cyclists with talent who need a pathway to develop.

By having a European base for the Elite women and men, we would like to extend our activities around the base for the U23 men. Other top cycling nations, such as Australia and the United States, run similar programs with a European base and benefit from that investment:

- Australia: 3rd Nation in the 2009 World Rankings
- USA: 9th Nation in the 2009 World Rankings

The first phase of the project will be in Europe from March 15th to May 25th. During this period, athletes will train together from the European base and be supervised by CCA staff. They will also compete in different UCI races in Europe including some rounds of the UCI Nations Cup for U23.

The objectives for this project are:

- Provide an opportunity to U23 riders to gain experience in an international event;
- Provide a professional environment to the athletes while they are training;
- Score points in the Nations Cup, and perhaps add an additional starting spot for World Championship;

Other planned events include Pan-American Championships likely to take place in May. The team will be made up of the best available elite and U23 men with the main goal scoring valuable UCI points in order to improve the classification on the UCI America Tour. The project will likely be self-funded with the main cost being airfare.

The CCA will still maintain its project to enter a team in the Saguenay Nations Cup scheduled for June 3 to 6. As host, Canada has the right to bring two teams to this round of the Nations Cup. We will also enter a team in The Tour de



Beauce held from June 15th to 20th. There is enough time between the two events in order for the athletes to recovery.

The objectives for this project are:

- Provide an opportunity to U23 riders to gain experience in an international event
- Score points in the Nations Cup, and perhaps add an additional starting spot for World Championships
- Ensure a high calibre Canadian presence in two events held in our Country;

Finally, the second phase of the project will be held from the European base from July 20th to the 22nd of Sept. Athletes who will be identified to represent the country at the World Championships will be invited to take part of this project. It represents the ideal preparation to be competitive at World Championships.

The objectives of the second phase are:

- Prepare an optimal team for the World Championships by offering a program of competitions and a structured training plan
- Integrate, if possible, selected athletes who excelled at previous projects an opportunity to gain additional experience

The selection criteria and the financial obligations for participation in this project will be posted shortly.

Junior Men Program

The foundations for building a strong U23 program include providing development opportunities to junior athletes. This can be achieved by creating a shorter European program for them. This will allow a gradual initiation into European cycling which is currently the most competitive at all levels including junior. This condensed program will also show them what we can offer in the U23 category.

With the existence of the European base it will make it easier to introduce juniors to European cycling. The junior program will include two phases in Europe and one in North American.

The phase 1 of the European junior program will consist of a series of small races and training in order to initiate our juniors to the European level. The athletes selected will also have the chance to compete in two UCI races including a round of the UCI Nations Cup in Germany.

The objectives for this project include:

- Initiate some of our top junior athletes to European cycling;
- Provide an opportunity to junior riders to gain experience in an international event;
- Provide a professional training environment for the athletes;
- Score points in the Nations Cup, and perhaps add an additional starting spot for World Championships

Following our road National Championships, a junior team will be selected. This team will compete in two UCI events held in North America: Tour of the Red River Gorge, USA, July 13-16 and Tour de l'Abitibi, CAN, UCI Nations Cup, July 20th to 25th.

The objectives of the second phase are:

- Prepare an optimal team for the World Championships by offering a program of competitions and a structured training plan
- Score points in the Nations Cup, and perhaps add an additional starting spot for World Championships
- Ensure a high calibre Canadian presence in the Tour de l'Abitibi;

The final phase for the junior program will be held in Europe with the objective to perform at the Road World Championships held in Italy at the beginning of August. The junior men's team will do a UCI race as a preparation in Belgium and the junior women's team will use the European base to finalize their preparation. After Worlds, the men's team will use the opportunity to be in Europe in order to do a series a UCI races in Belgium and Germany, and gain valuable experience.

The objectives of the final phase are:

- Prepare an optimal team for the World Championships by offering a program of competitions and a structured training plan
- Provide an opportunity to Junior riders to gain experience in an international event;

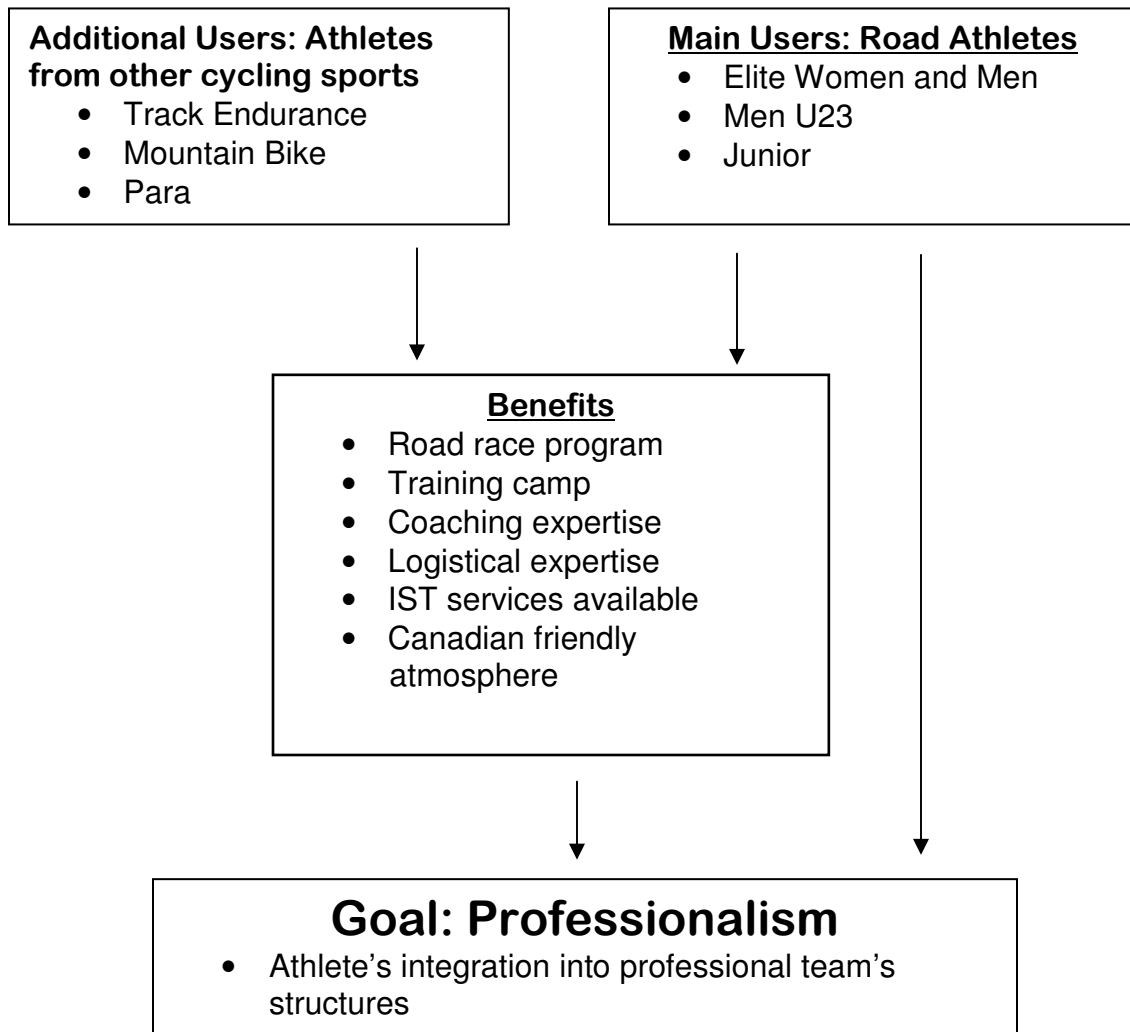
European Base

The Canadian National Road Cycling Team is planning on establishing a European base for the 2010 road cycling season. The base should provide Canadian athletes with a comfortable home while they train and compete primarily around northern Europe.

The objectives and value of the base include:

- Provide a professional and comfortable environment for Canadian athletes to train and race in Europe;
- Improve the logistical aspects around the training and racing schedule;
- Increase the number and quality of services around the base (IST);
- Provide a central location for equipment needed for our programs (vehicles, bikes, wheels, SRM, trainers, coolers, bottles, etc);
- Reduce the cost related to the transportation and lodging;
- Offer a better network of high level racing;
- Develop a specific Canadian Trade team for U23 and Women;
- Bring up more Canadian athletes to European Professional teams;
- In the long term, develop a strong partnership with the local community and secure private partners (sponsors);

European Base Model



Coaching Development

In order to run our programs from the European base or in North America, we will need to more coaches. The Canadian Cycling community has a good number of coaches who work with Provinces, cycling centres and private teams.

These programs represent an excellent opportunity for us to use these coaches and offer professional development for them. The centralized European base will make facilitate supervision by the National road coach.

In parallel with the selection of athletes for our program, we will work closely with the Province and Territories in order to get a list of potential coaches who are interested in managing some of our National Team programs.

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