



**NATIONAL WOMEN'S TRACK  
DEVELOPMENT  
TRAINING CAMP AND TALENT ID  
BURNABY, BC  
JULY 13-15, 2010**



photo: Rob Jones

**Prepared by Jeremy Storie**

## **INTRODUCTION**

The Canadian Cycling Association will be organizing a Women's Endurance Training Camp at the Burnaby Velodrome from July 13-15, 2010.

Elite and junior female road, track and mountain bike athletes interested in participating should contact Track Coordinator, Petrina Tulissi ([track@canadian-cycling.com](mailto:track@canadian-cycling.com)) by June 22, 2010.

## **1.0 TEAM SIZE**

There will be a limited number of spots for this camp. Please apply early. The CCA reserves the right to increase or decrease the size of this project.

## **2.0 ELIGIBILITY**

Open to Junior (17-18) and Elite (19-30+) female athletes.

NOTE: No prior track experience is required. Bikes will be supplied to those who need them.

## **3.0 SELECTION DATE**

July 1, 2010.

## **4.0 SELECTION CRITERIA**

The following will be taken into consideration when selecting camp participants:

- Athletes who supply a written expression of interest outlining their goals for future participation in the CCA's track program. The expression of interest must be received by Petrina Tulissi ([track@canadian-cycling.com](mailto:track@canadian-cycling.com)) no later than Monday June 22<sup>nd</sup>, 2010.

## **5.0 PROJECT OBJECTIVES AND FEATURES**

This project has been put in place with two streams in mind. Firstly to identify talent new to track cycling from either other cycling sports (BMX, road, mountain, cyclocross) or other sports (speed skating, XC skiing, ice hockey etc.) and secondly to provide a structured training camp for those with current track proficiency. Specific objectives include: expanding pool of female track athletes at National level and identifying athletes for specific team events (team pursuit and team sprint).

## **6.0 PROJECT ITINERARY**

Camp will provide up to 3 hours of track time per day on July 13, 14, and 15, with several coaches overseeing both new riders and riders with current track experience. For riders with current track experience the camp will consist of a daily workout as well as some benchmark time/distance standard field testing. For riders new to the track camp will consist of learning to ride the track as well as some benchmark time/distance standard field testing and possible integration into first stream pending competency. Bike can be provided to riders without their own.

### **7.0 ACCOMODATIONS**

Accommodation costs and logistics will be up to the athlete, should you need assistance please contact Petrina at [track@canadian-cycling.com](mailto:track@canadian-cycling.com).

### **8.0 TRANSPORTATION**

All athletes will be responsible for the logistics and costs of their own transportation in Burnaby.

### **9.0 PROJECT LEVY**

Athletes are responsible for their own food, housing, and travel but all track time, coaching, and bike loan will be provided. Riders without a UCI licence (from other sports) will be required to sign a waiver and will receive a complimentary Burnaby Velodrome Club 3 day pass including insurance.

### **10.0 DEADLINE**

If you are interested in attending this project, you must email Petrina Tulissi ([track@canadian-cycling.com](mailto:track@canadian-cycling.com)) no later than Monday June 22, 2010.