



**NATIONAL WOMEN'S
ENDURANCE
DEVELOPMENT PROGRAM
TRACK CAMP - LONDON, ON
JULY 9-11, 2010**



photo: Rob Jones

**Prepared by Denise Kelly
National Team Women's Endurance Development Coach**

INTRODUCTION

The Canadian Cycling Association will be organizing a Women's Endurance Training Camp at the Forest City Velodrome, London, Ontario -July 9 – 11, 2010.
Elite and junior female road, track and mountain bike athletes interested in participating should contact Track Coordinator, Petrina Tulissi (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

All Elite and Junior female athletes with a valid UCI licence.
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) no later than Monday June 22nd, 2010.

5.0 PROJECT OBJECTIVES AND FEATURES

This project has been put in place to provide an opportunity for all endurance female athletes to gain experience at the track in a supportive environment. Objectives include:

- To expand the pool of female endurance athletes competing on the track.
- To identify athletes who may be interested in competing in the Women's Team Pursuit.
- To build upon CCA's successful track program.

6.0 PROJECT ITINERARY

- Friday July 9 – arrive in London; familiarization with the track, drills; sports psych seminar
- Saturday July 10 – track training – drills, timed laps; physiological testing; nutrition seminar
- Sunday July 11 – track training – depart in the afternoon

7.0 ACCOMODATIONS

Hotel: Travelodge - 800 Exeter Road, London, ON N6E 1L5, (800) 578-7878. \$77 per double room. Rooms will be booked by the CCA once numbers are finalized. The hotel is located approximately 1.5 km from the Velodrome.

8.0 TRANSPORTATION

All athletes will be responsible for the cost of their own transportation to and from London, ON as well as to and from the velodrome.

London is located 170 km from the Toronto Airport, 120 km from the Hamilton airport, and the hotel is 19 km from the London airport.

Air Line Baggage Fees:

As this is a self funded project please check baggage fees carefully with the airlines before booking your travel as the athlete is responsible for the cost of bike travel.

9.0 PROJECT LEVY

This project is entirely self-funded.

10.0 DEADLINE

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