



## ONTARIO CYCLING ASSOCIATION

### OCA High Performance Project Application 2011

---

**Project Name:** SPF High Performance Spring Endurance Supercamp

**Location:** Rocky Bottom, South Carolina

**Date:** Mar. 11-21, 2011

**Cost:** \$385 plus HST (includes accommodation, transportation and coaching support)

**Focus:** Athletes in the Learn to Compete and Train to Compete stages of the OCA Long Term Athlete Development Model (2nd year U17 to 3rd year U23)

**Head Coach:** Brendan Arnold and Mike Garrigan

Athlete Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Month / Day / Year

OCA License #: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Category: \_\_\_\_\_

Date of Application: \_\_\_\_\_

Month / Day / Year

Coaches Name: \_\_\_\_\_

Coaches Phone#: \_\_\_\_\_

Coaches Email: \_\_\_\_\_

***Complete all sections of form.  
Application forms will not be  
accepted if incomplete.***

- Please return to Laura Hagerman, Special Projects Coordinator, Ontario Cycling Association at [adminsupport@ontariocycling.org](mailto:adminsupport@ontariocycling.org), fax at 4164267349 or by mail #307 - 3 Concorde Gate, Toronto, ON M3C 3N7
- **Deadline is Wednesday January 26th, 2011** this includes payment details
- Payment can be made by Credit card or Cheque
- Maximum 30 athletes – second year U17 to third year U23

Affiliated with the Canadian Cycling Association

➤ **Spots will be prioritized as follows\*: (Athletes born between 1990-1995)**

1. Team Ontario Tier 1, 2 and 3 athletes – Please see Team Ontario on OCA Website
2. Team Ontario non-carded athletes
3. Top 5 in each category at 2010 Provincial Road and Mountain Bike Championships.
4. Top 5 in endurance events at 2010 Provincial Track Championships.
5. Top 5 in National Championships
6. All other athletes – High Performance Committee to finalize other athletes

**What is your race experience (include results):  
or attach your "Cycling Resume"**


**What are your goals for the 2011 Season:**


Please include MAP test results using 30W increase every 3' or FTP using a 20' ITT or a 15 km TT result from the past season

**\*All Applications and payment must be received by the deadline or you will give up your priority spot.**

Please circle Credit Card type: MC/VISA \_\_\_\_/\_\_\_\_/\_\_\_\_/\_\_\_\_/ exp \_\_/\_\_

Supported proudly by:

