



2011 OCA MTB-XC High Performance Development Program

This criteria document outlines the performances to be achieved in order to be eligible for the 2011 Projects. Having met the listed criteria does not guarantee an athlete a spot. Rather, it makes the athlete eligible for the High Performance Program, and it remains the High Performance Committee's decision to invite an athlete

U-18 Endurance Monstercamp- Hardwood Ski and Bike, Oro, ON

Project: Team Ontario Mega Monster camp

Date: May 7-8, 2011

- Maximum 100 athletes
- Road, MTB and Track athletes welcome
- Athletes will be contacted after deadline regarding entry to camp
- Athletes must be aged 15/16/17 in 2011
- Only those U-15 Minime athletes invited are asked to apply
- Camp will consist of Road rides, MTB rides info sessions and games.

Head Coach will be Ontario MTB Coach, Mike Garrigan

Application form available - Please see www.ontariocycling.org

Canada Cup Exposure Project – Mont Tremblant/Baie Saint Paul

Project: Team Ontario - Canada Cup Project

Date: Friday May 20th - Sunday May 29th2011

Cost: This is a partially funded project

	Eligible Athletes
U19 Junior Men	4
U19 Junior Women	2
U23 Espoir Men	4
U23 Espoir Women	2

Total Team Size 12

Camp will include both Canada cup events as well as a short training camp at Mount saint Anne.

Head Coach: Mike Garrigan Asst Coach/Mechanic: TBA

Races to be used for qualification:

Ontario Cup 1 Mansfield Ontario Cup	May 1, 2011
Ontario Cup 2 Woodnewton Ontario Cup	May 15, 2011

Selection Criteria

U19 Junior Women (2 Athletes)

1. Top rider O-Cup standings as of May 16, 2011
2. Committees Choice

U19 Junior Men (4 Athletes)

1. Winner of O-Cup #1 (Mansfield)
2. Winner of O-Cup #2 (Woodnewton or next best if athlete wins both O-Cup #1 and #2)
3. Top rider O-Cup standings as of May 16, 2011 or next best
4. Committees choice

U23 Espoir Women (2 Athletes)

1. Top rider O-Cup standings as of May 16, 2011
2. Committees Choice

U23 Espoir Men (4 Athletes)

1. Winner of O-Cup #1 (Mansfield)
2. Winner of O-Cup #2 (Woodnewton) or next best if athlete wins both O-Cup #1 and #2)
3. Top rider O-Cup standings as of May 16, 2011 or next best
4. Committees choice

Additional spots (if by chance a category is not represented fully the committee may select a rider from another category to fill the spot)

Selection will be made after the Woodnewton O-Cup On May 15 and selected athletes will be notified by Monday May 16, 2011

Selection Information

- If there are not enough athletes that meet the criteria from one category, athletes from another category may fill those spots, based on committee's choice selection.
- Athletes will be notified of team selection on Monday, May 16th, 2011.

Project Objectives:

- The goal for this project is the development of U19 and U23 level Mountain Bike athletes in Ontario.
- To have a positive presence for Team Ontario
- Top 3 in each category
- National championships and World Cup preparation.

Travel Information

- **Departure – Friday May 20th**
- **Return – Sunday May 29th**

Athlete Benefits:

- Ground travel to Canada Cups
- Accommodations while in **Mont Tremblant, Mount Saint Anne and Baie-Saint-Paul.**
- Team Support including Coach and Mechanic

Athlete Requirements

- Athletes must wear Team Ontario Jersey during pre rides and races during project.
- Athletes must represent Ontario and themselves in a professional manner at all times.

Team Ontario – Pre Canada Cup Training Day

Location : Hardwood Ski and Bike, Oro, ON

Date: Wed June 1, 2011

Time: 10-3pm

Eligible Participants -All Team Ontario athletes.

Open to U19 Junior, U23 Espoir racers who would like to learn. Good opportunity to meet others from the province in an informal setting.

This meeting will serve the purpose for Team Ontario/ eligible Team Ontario riders to meet. The focus of the day will be to review the course, tactics and topics will also include feed zone prep and course strategy.

Advanced information regarding the weekend's race and course.

All interested riders must complete an expressions of interest form, the expression of interest must be received by Mike Garrigan (provcoach@ontariocycling.org) no later than Tuesday May 25th, 2011 at provcoach@ontariocycling.org or 647-567-1289

Nationals MTB-XC Championships – Canmore, AB

Project: High Performance Nationals Project (MTB)

Date: July 11-18, 2011

Location: Canmore, Alberta

Cost: This is a partially funded project

Head Coach: Mike Garrigan

Team Manager: Brendan Arnold Mechanic: Andy Achuff

Eligible Athletes

Cadet men	1
Cadet women	1
Junior Men	3
Junior Women	2
U23 Men	3
U23 Women	2
Committee Choice	1
Total Maximum Team Size:	13 (To be confirmed)

Races to be used for qualification:

Canada Cup	Mount Tremblant	May 21, 2011
Canada Cup	Baie St Paul	May 28-29, 2011
Canada Cup	Hardwood Hills	June 4-5, 2011

Selection Criteria:

- The selection criteria for this project will be based on the best 2 of the 3 above Canada Cup events.
- After the above three races, those athletes interested in this project must average 10% (or below) of the winner of their category in 2 of the 3 races.
- The athletes demonstrating the highest performance using these criteria will be invited to join the Nationals project.
- Selection will start at first place and the go down the list.

- If for some reason the qualified athletes do not accept, other athletes may be invited to the project if they meet qualifications, but the committee will decide this.
- If there are not enough athletes that meet the criteria from one category, those spots may be used for athletes from another category that have met the criteria, those spots may be filled by committee choice.
- Athletes will be notified of team selection following the Canada Cup at Hardwood Hills.

All interested riders must complete an expression of interest form, the expression of interest must be received by Mike Garrigan no later than Wednesday June 1st, 2011 at provcoach@ontariocycling.org or 647-567-1289

Project Goal

- The goal for the Canadian Nationals MTB XC Project is to provide an opportunity for athletes in the Cadet, Junior and Espoir and categories who are exhibiting exceptional performance on the Canada Cup circuit to compete for the National Title.
- Podium Finishes at the 2011 National MTB-XC Championships
- To have a positive presence for Team Ontario

Travel Information

- **Departure TBC**
- **Return TBC**

Athlete Benefits:

- Ground travel
- Accommodations
- Team support during the event
- Entry fee for the event

Athlete Requirements

- Athletes must wear Team Ontario jersey during all training rides and race events while on this project.
- Athletes must represent Ontario and themselves in a professional manner at all times.

Parental Agreement

Athletes selected for the program who are under the age of 18 must also submit a parental agreement. Parents are agreeing that they understand the terms and conditions of the OCA High Performance Program.

OCA U15 Shredder Development Camp

Project: OCA U13 and U15 Shredder Development Camp

Date: June 19, 2011

Location: Hardwood Ski and Bike, Oro, ON

Eligible Athletes – All athletes aged 10-14

Head Coach : Rob Fex

Application form available - Please see www.ontariocycling.org

Come out for a day of FUN, riding and skills development. See why last year's participants are still talking about the lunch time olympics. Make some new friends and join some of Ontario's top junior racers for a day you will talk about for years to come. Keep your eyes peeled for a couple of "very special guests." as well. The theme for the day, Riding is fun, racing is fun, FRIENDS ARE FOR LIFE!

Please click here for expression of interest form

