CyclingCANADACyclisme

TRACK PERFORMANCE DEVELOPMENT CAMP
February 18-22, 2012

1.0 INTRODUCTION

Cycling Canada will be conducting a development training camp in Los Angeles, California for all athletes from 18 to 25 years of age looking to further develop their track skills. This talent ID camp will help identify athletes that will take part in the elite national team programs of the 2016 and 2020 Olympic cycles.

This camp will serve as an opportunity for all development athletes to familiarize themselves with a 250m track, learn basic track skills and attempt the benchmarked time standards.

Athletes interested in participating in this should contact Track Coordinator, Sara Poutanen (track@cyclingcanada.ca) prior to **January 15th, 2012.**

2.0 CAMP OBJECTIVES AND FEATURES

The main objectives of this Performance Development camp are:
- Increase the endurance and sprint athlete pool
- Create discipline specific training groups
- Provide Canadian athletes the opportunity for training and racing on a world class 250m Velodrome
- Introduce start techniques, flying approaches, pacing strategies, team and Individual pursuit technique, sprint and bunch race tactics
- Assess athletes on their skills and conditioning, their strengths and weaknesses throughout the week long camps – this will allow coaches to evaluate current fitness and form a baseline for future improvements

3.0 CAMP SIZE

Approximate camp size is 18 athletes. CC reserves the right to increase or decrease the size of this camp based on athlete interest level, athlete performance level, available funds and logistical considerations.

4.0 ELIGIBILITY

All development athletes with provincial team cycling experience between the ages of 18 and 25.

5.0 SELECTION DATE

January 18th, 2013

6.0 SELECTION CRITERIA

Athletes will be selected to the pool of athletes eligible for selection based on one of the following criteria:

- Making podium at any cycling Canadian Championships
- Provincial Coach recommendation
- Athletes who supply a written expression of interest outlining their goals and a self-assessment of their performance level in each of the criteria points listed above. The expression of interest must be received by Sara Poutanen (track@cyclingcanada.ca) no later than Friday, **January 15th, 2013.**
- Eligible athletes will be reviewed by the project coach and High Performance Director for final selection

7.0 ACCOMMODATIONS

RESIDENCE INN (MARRIOTT) Los Angeles, Torrance/Redondo Beach 3701 Torrance Boulevard Torrance, California 90503	Includes: kitchenettes, Breakfast Wireless Internet

8.0 - FLIGHTS

All development athletes will be responsible for booking their own flights to and from Los Angeles. The nearest airport to LAX International Airport. CC will provide ground transportation for athletes provided they arrive/depart during the specified time periods below:

ARRIVAL: February 17th - Two pick-ups will be scheduled: Noon and 4pm
*pick up times may vary depending on flight itineraries

DEPARTURE: February 22nd 2pm or later flight departures are recommended
*pick up times may vary depending on flight itineraries

Athletes are responsible for notifying Sara Poutanen of their flight plans at least 2 weeks prior to the camp.

Baggage Fees: Please note, the standard CC baggage policy applies to this project:
As this is a fully funded project you will be responsible for excess baggage fees. Please check baggage fees carefully with the airlines before booking your travel.

9.0 PROJECT LEVY

This project is fully funded by the athletes. Athletes are responsible for their flight, excess baggage fees, ground transportation, meal, accommodation costs and coaching staff fees. CC will cover all costs pertaining to track time.

10.0 DEADLINE

If you are interested in attending this project, you must email Sara Poutanen (track@cyclingcanada.ca) no later than Friday, **January 15th, 2013.**