



Ontario Cycling Association

OCA High Performance Project Application 2014

Project: OCA Youth "Rising Stars" Summer Camp p/b Olympia Sports Camp

Location: Olympia Sports Camp – Huntsville, ON

Date: Saturday July 26 – Saturday August 2, 2014 (Depart after Markham Youth Race)

Cost: \$700 Including HST

Athlete Name: _____ Category in 2014: _____

Date of Birth: __/__/____ Date of Application _____

OCA/Citizen License #: _____ Coaches Name: _____

Home Phone: _____ Coaches Phone#: _____

Email: _____

Race experience 2013/14:

Results:

What are your goals for the 2014/15 Season:

Please return to the Ontario Cycling Association or email to admin@ontariocycling.org or by fax at 416 4267349

To hold spot a \$100.00 deposit is required.

Deadline is May 23rd, 2014.

Payment can be made by Credit card or Cheque

Credit Card Visa/MC ____/____/____/____ exp ____/____

- Maximum 40 athletes
- Athletes will be contacted after deadline regarding entry to camp
- You must be aged between 12 – 15 (2014 Season)
- Athletes must have a minimum of a citizen permit or club membership
- Camp Includes Travel, Accommodations, Food, Coaching and Camp.

Focus

The focus of the Youth Series Summer Camp is to offer athletes aged 12-15 an opportunity to experience a summer camp with a focus on cycling. The camp will have experienced cycling coaches and support staff to make it a valuable learning week

Objective

1. Create a fun learning environment for Ontario athletes
2. Create a camp that athletes can learn skills and tactics with other athletes from all cycling sports
3. Encourage and enable youth access and participation in the sport of cycling

Outcomes

1. Athletes learn to ride safely and efficiently while riding with others in a group ride
2. Athletes learn techniques around drafting, staying out of the wind and when to attack
3. Work on TT skills this includes: race simulation events and pacing
4. Athletes meeting other athletes and forming lifelong partnerships through cycling
5. Learn more about cycling from top Ontario coaches

Please send application to admin@ontariocycling.org

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