



2016-17 OCA TRACK SPRINT PROGRAM

OVERVIEW

The OCA is launching its inaugural track sprint program for 2016-17. This pilot program will provide specific training to athletes committed to track sprinting involving both on-track and strength training programming. This program is intended to be an enhancement to athlete training and not a complete replacement [athletes must continue to train as prescribed outside of this program]. Training will be based out of the Mattamy National Cycling Centre [Milton velodrome] under the supervision of provincial coaches and CSIO Strength and Conditioning trainers. This initiative is supported through the Canadian Sport Institute Ontario's [CSIO] Ontario High Performance Sport Initiative [OHPSI].

ATHLETE SELECTION

Athletes aged 16 – 20¹ will be selected into the program based upon results at the 2016 Ontario Provincial Championships and Canadian Championships (sprint events). Athletes should demonstrate the ability to achieve a time within four (4) percent of the Cycling Canada Junior Track Standard [flying 200/500 TT, kilo]. Athletes achieving significant sprint results during the 2016-17 O-Cup season may be considered for inclusion into the program. All selections will be at the discretion of the Program Coaches and OCA High Performance Manager.

PROGRAM

Strength and Conditioning [times/dates will adjust based on trainer/athlete availability]

Tuesdays: Evening – typically 5:00-7:00pm or 6:00pm – 8:00pm²

Saturdays: Morning- typically 8:00-10:00am or 9:00-11:00am

Testing

Athletes will be tested regularly using anthropometric tests [e.g. body composition], power testing, and on-bike timing. This is to evaluate athlete progress and to adjust training as required.

¹ Age is a guideline and athlete selection to camps will be at the discretion of the committee

² Athletes unable to attend on Tuesday evenings will be prescribed a program and monitored by trainer

Integrated Support Team Access

Athletes will have access to a high performance Integrated Support Team (IST) to assist with all elements of their training and performance. This includes sport science experts, nutritionists, sport therapy*, strength and conditioning, and other services as prescribed.

*additional costs may apply for extended services

On-Track Training [Oct. – Apr.]

October 15: 12:00 – 2:00pm

November 12: 12:00 - 2:00pm [integrated into Excellence Camp]

November 26: 12:00 – 2:00pm

December 27: 12:00 – 2:00pm

December 28: 10:00 – 12:00pm [integrated into Excellence Camp]

December 29: 10:00 – 12:00pm [integrated into Excellence Camp]

January 9: 10:00 – 12:00pm [integrated into Excellence Camp]

February 4: 12:00- 2:00pm

February 19: 10:00 - 12:00pm

March 13 – 17: Camp will be hosted by OCA for athletes selected part of Teams of Ontario for Nationals

PROGRAM FEES

Full-Program [S&C + On-Track]: \$400/athlete

On-Track Only: \$80/athlete [excludes Nov.12; Dec. 28, Dec. 9, Feb. 4]

APPLICATION

All interested athletes must submit an email to rob.good@ontariocycling.org clearly answering the following questions [please cut and paste the questions directly into the email body]. **All applications must be received by September 5, 2016.**

1) Please provide key performance results [for track sprint] over the past 12 months, including relevant times.

2) What are your goals for the upcoming season?

3) Are you able to commit to attending both strength and conditioning sessions at the velodrome? [must be able to attend at least one of the sessions/week].