



# **NATIONAL ROAD TEAM WINTER TRAINING CAMP**



**Prepared by Vincent Jourdain  
National Team Road Coach**

## **INTRODUCTION**

The Canadian Cycling Association will be conducting a National Team training camp in Tucson, Arizona February 11-21, 2010 for U23 and Elite road athletes.

Road athletes interested in participating should contact Road Coordinator, Matthew Knight ([road@canadian-cycling.com](mailto:road@canadian-cycling.com)) prior to December 22, 2009. All applicants will be assessed based on the following criteria as excerpted from the 2010 selection criteria document (complete 2010 Selection Criteria will be available in early January).

## **1.0 TEAM SIZE**

Approximate team size is 6 Elite and 6 U23. The CCA reserves the right to increase or decrease the size of this camp based on athlete interest level, athlete performance level and logistical considerations.

## **2.0 ELIGIBILITY**

Second year Juniors, U23 and Elite Riders

## **3.0 SELECTION DATE**

January 6<sup>th</sup>, 2010

## **4.0 SELECTION CRITERIA**

Athletes will be automatically included in the pool of athletes eligible for selection based on:

- The athletes potential to meet the sports performance objectives as outlined in the 2009-2012 High Performance Quad plan.
- The athletes potential to contribute to qualifying quotas for World Championships or Olympic Games.
- The athletes UCI standings at the completion of the 2009 season.
- The athletes competitive readiness for major events outlined in the seasons National Team Program.
- The athletes contribution to overall team results in major National Program events.
- The athletes placing in any UCI sanctioned events where an apparent depth and quality of field is present.
- The athletes training environment and competitive readiness as a whole
- 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 Matthew Knight ([road@canadian-cycling.com](mailto:road@canadian-cycling.com)) no later than Tuesday December 22, 2009.

### 5.0 CAMP OBJECTIVES AND FEATURES

- Increased volume and endurance capacity focused training
  - The majority of training focused on mileage. The training group will include members of the National MTB Team.
- Team building and preparation for the 2010 season.
  - Team dinner
  - Official team photo shoot for the CCA and sponsors
- Athlete education sessions by National Team IST service providers. These sessions will be focused on realistic and practical methods for improving performance this season. These are advanced sessions for high performance athletes. We want to make a real difference in your performance now!
  - Sessions may include:
    - Recovery and Regeneration strategies and technique
    - Sleep strategies (coping with travel demands)
    - Sports Psychology (team building, focus/confidence, distraction control)
    - Nutrition and hydration strategies
    - Bike fit – To be confirmed
    - Looking ahead to London!

### 6.0 Training Camp Itinerary\*

Date		Description	Training Duration	Events
Thursday	February 11	Athlete Arrival	1-2 light spin	Team Dinner
Friday	February 12	Training Day 1	4 hrs road	Photo Shoot IST Seminar
Saturday	February 13	Training Day 2	4hrs road	IST Seminar
Sunday	February 14	Training Day 3	3 hrs road	Team Building
Monday	February 15	Training Day 4	4hrs road	IST Seminar
Tuesday	February 16	Training Day 5	4 hrs road	Individual and small group meetings
Wednesday	February 17	Training Day 6	3-4 hrs road	Individual and small group meetings
Thursday	February 18	Training Day 7	3 hrs road	Individual and small group meetings
Friday	February 19	Training Day 8	3-4 hrs road	Individual and small group meetings
Saturday	February 20	Training Day 9	4 hrs road	Farewell Dinner
Sunday	February 21	Athlete Departure		

\* Precise schedule and Events available in mid-January.

### 7.0 ACCOMODATIONS

We will be staying at the Windmill Inn located on the edge of Tucson and close to some very good riding routes.

<http://www.windmillinns.com/TUCShome.html>

4250 N. Campbell Ave. ~ Tucson, AZ 85718



### 8.0 FLIGHTS

All athletes will be responsible for booking their own flights to and from Tucson. The CCA will provide ground transportation for athletes provided they arrive/depart during the specified time periods below:

**Arrival in Tucson:** Thursday Feb 11 - all athletes arrive between 1 and 3pm. Athletes arriving outside this window must arrange their own ground transportation to the Windmill Inn.

**Departure from Tucson:** Sunday Feb 21 - all athletes depart between 12pm and 2pm. Athletes who wish to depart at other times must arrange their own transportation to the airport.

Athletes are responsible for notifying Matthew Knight of their flight plans at least 1 week prior to the camp.

**Baggage Fees:** Please note, the standard CCA baggage policy applies to this project:

[http://www.canadian-cycling.com/cca/nat\\_team/pdfs/excess\\_bagage.pdf](http://www.canadian-cycling.com/cca/nat_team/pdfs/excess_bagage.pdf)

As this is a self funded project please check baggage fees carefully with the airlines before booking your travel.

### 9.0 PROJECT LEVY

The project is entirely self funded by the athletes. The cost of accommodation will be approximately \$750. This amount must be paid by February 4, 2010. Athletes are responsible for all their own air travel and food costs.

### 10.0 DEADLINE

If you are interested in attending this project, you must email Matthew Knight ([road@canadian-cycling.com](mailto:road@canadian-cycling.com)) no later than Tuesday December 22, 2009.