



2022 Advancement Camps

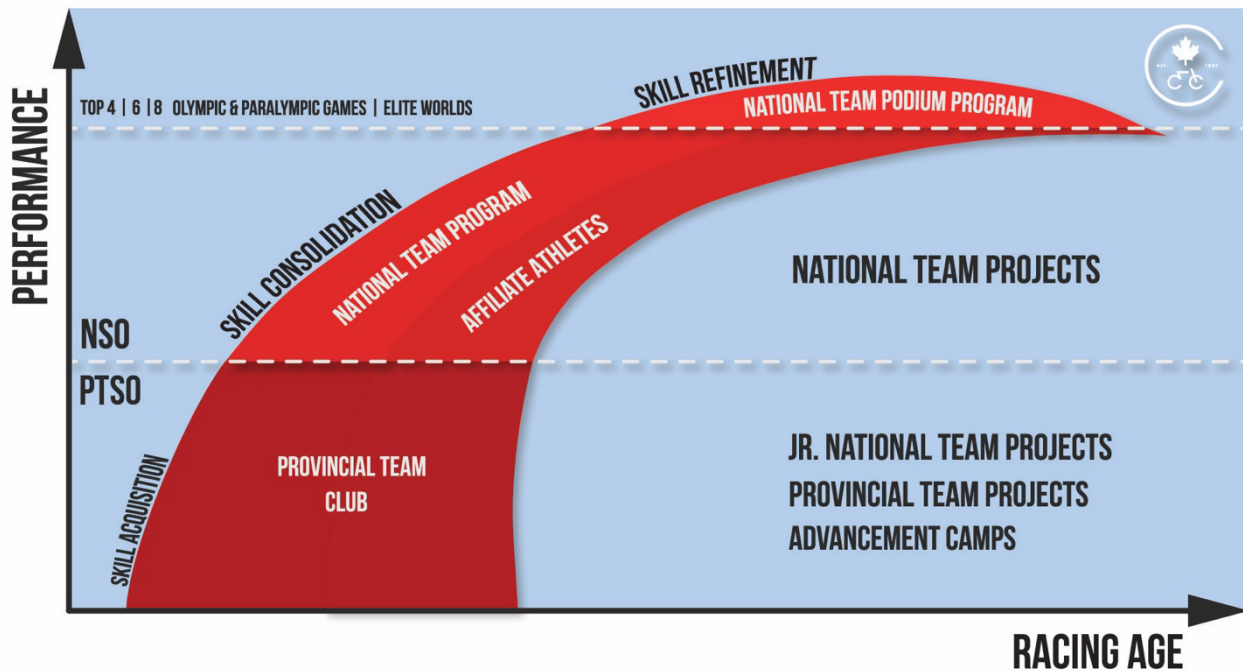
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Camp Description

The objective of Cycling Canada’s Advancement Camps is to foster an environment where athletes, coaches and the cycling community share and exchange knowledge of their sport. These camps are held throughout the year and in conjunction with existing events in the National calendar. The Advancement Camp format incorporates a short presentation and “Wheel Side Chat” with a Gracious Champion and then an on-bike camp the following day.

Advancement camps are designed to educate U17/U19 Provincial, Club level and Talent Transfer athletes with desires to make the National Team within the next 2-3 years. Each discipline may vary slightly, however the goal of each camp is to introduce Values, Skills, Behaviours, and the Tools needed to win the world’s biggest bike events, while being an ambassador for the sport in Canada.

Cycling Canada Podium Pathway



Camp Expectation

These camps are intended to introduce developing athletes to Cycling Canada’s National Team Program. Everyone recognizes the hard work athletes, and their coaches spend training and racing to accomplish their goals. Cycling-specific training is vital; however, athlete improvement is not always just on a bike! Therefore, the content at each Advancement camp is designed to help the athlete develop individual qualities necessary to succeed on the world stage. It is at this stage we learn Cycling Canada’s POWERR Standards. The Advancement

Camp program is an initiative to raise an athlete's awareness through standards and expectations of what is possible for their next level of development. Learning and integrating the POWERR standards into each athlete's daily lives will ultimately empower athletes to excel holistically in sport long term. Together National team coaches, Provincial coaches, Club coaches can help foster an environment of next-level education where they are exposed to tools and skills outside their normal environment. The hope is that each athlete brings an open mind to Cycling Canada's Wheel-Side Chat, engaging with the stories of success, failure and resilience from the best athletes in the world and witnessing how they managed to overcome obstacles. This will be followed by a fun, engaging, and challenging day of riding, leaving athletes with a lasting impression of what they need to reach their next step in development!

Camp Outcomes

By the end of each Camp, athletes should be able to:

- 1) Identify through shared experiences with our Gracious Champions at the Wheel side Chat
- 2) Learn on bike skills from National Team Coaches, local experts and Canada's best athletes
- 3) Better understand the next level of performance through a blended model of synchronous learning for skills execution and education sessions
- 4) Identify the POWERR Standards and how they relate to each athlete adopting personal performance habits
- 5) Establish a relationship with National Team Coaches, local experts, Canada's best athletes with shared camaraderie and high fives!
- 6) Ride bikes with like minded individuals for long lasting passion for the sport
- 7) Commit to a personal pledge to improve on a goal or a skill within the year. Athlete will receive Access to an online document to help track progress and follow-up.

POWERR Standards

Mission: To raise the expectations and standards of what is possible in the Canadian cycling community by empowering athletes with holistic skills to excel in sport and in life.

Vision: To educate and develop a better prepared more resilient athlete who consistently performs on the World stage and engages with the sport in the long-term.

What does that mean for you, the athlete? We want to give you the knowledge and skills to create behaviours and performance habits that will help you step on the international podium – specifically the Olympic Games.

<p>Positivity</p>	<ul style="list-style-type: none"> • Show-up with your best self – mindset is a choice • Look for the challenge in all that you do – this is an opportunity, not a threat • Celebrate your successes and the successes of those around you • Be a +1 - be aware of your impact on others and show empathy • Be receptive to feedback
<p>Ownership</p>	<ul style="list-style-type: none"> • You are in control • Choose to be here • Know your why • Make your own goals • Effectively communicate your needs
<p>Work Ethic</p>	<ul style="list-style-type: none"> • Commit to the plan • Be prepared – show up ready (physically, psychologically, equipment, etc.) • Do all the little things – live the details • Be organized • Provide regular, timely, pertinent and valuable feedback (training log, power files, etc.)
<p>Respect</p>	<ul style="list-style-type: none"> • Be present - listen attentively the first time; put away your phone • Show respect for the sport and contribute to a safe environment • Be on time (5 minutes early) • Be polite – thank people for their knowledge, expertise and time • Participate regularly in activities
<p>Resiliency</p>	<ul style="list-style-type: none"> • Maintain composure under pressure • Embrace failure as a learning experience and search for the win • Demonstrate adaptability and the ability to change • Overcome adversity • Show your grit

Camp Cost & Accommodations

The Cycling Canada Gracious Champions Wheel side chat is free to athletes, coaches and parents. There will be a 20\$ camp fee due at event registration to offset any costs associated with local rentals, local coaches, and local supporting personnel. Athletes are responsible for their own food and accommodation duration of the camp.

Registrations

Registration will be online only, and rider confirmation will be shared with the PSO: [Register here](#)

Camps are open to anyone who has valid cycling licence and is U19/U17. Registration cut-off will be 7 days prior to event. For more information, please contact tanya.dubnicoff@cyclingcanada.ca or guillaume.plourde@cyclingcanada.ca

Advancement Camp Outline Sample

** Camps schedule may change due to Competition Schedule, venue location and Discipline*

DAY 1			
Time	Event	Description	Topic
4pm (Post Race)	"Gracious Champions" "Wheel Side Chat"	Olympian, National Team Athlete Past of Present 30-60 min	Setting the stage for learning, Athlete Lifestyle or Mental Performance
4:45pm	Questions and Closing remarks	Facilitated Q&A	Summary of Learning
5:00	Advancement Camp Introduction Q&A	Last minute details and Pre-Work for Camp	Introduce coaches and Camp outline for next day.
5:30	Closing		
DAY 2			
Time	Event	Description	Topic
9am	Skill Introduction AM Expectations	Skill development/ Skill execution part 1	Athletes warm up, Novice/Advanced skill
11:30 /12:30	Lunch Break	Education Component:	Physiology, Nutrition,
1:00	Skill Introduction PM Expectations	Skill development/ Skill execution part 2	Self Awareness on bike, Post race, Assess what's needed adjust to camp needs.
3:00	Wrap up Coach, Athlete Discussion and High Fives!		Athlete, Feedback, Take home Assignment

2022 Advancement Camp Dates

Date	Event	Discipline	Location
April 28-29	Advancement Camp	Para-Cycling	Montreal, QC
June 3-5	Advancement Camp	Para-Cycling	Fredericton, NB
June 19-20	Advancement Camp	MTB	Canmore, AB
June 27-28	Advancement Camp	Road	Edmonton, AB
June 30- July 3	Advancement Camp	Road	Shawnigan Lake, BC
July 17-18	Advancement Camp	BMX	Drummondville, QC
July 20	Advancement Camp	DH	Panorama, BC
July 24-25	Advancement Camp	MTB	Hardwood Hills, ON
July 27-28	Advancement Camp	Road	Quebec City, QC
Aug 1-3	Advancement Camp	Para-Cycling	Quebec City, QC
August 6-7	Advancement Camp	Road & Coaches	Niagara region, ON
Aug 15-18	Talent Development Camp	Track	Edmonton, AB
August 22-23	Advancement Camp	BMX	Okotoks, Calgary, AB
August 28-30	Talent Development Camp	Track	Milton ON
November 27-28	Advancement Camp	Cyclocross	Victoria, BC

**This calendar is subject to change. Please consult it regularly for any updates.*