



Cycling**CANADA****Cyclisme**

#NextGenU23

Men's NextGen Track (road) Endurance Program

By Ian Melvin (Track) & Luc Arseneau (Road)

EFFECTIVE Oct. 1, 2015

Note: It is to be noted that elements mentioned in this program may change throughout the season due to funding restrictions, race cancellations or other elements that may not be controlled by Cycling Canada. In the case where there are changes to the program Cycling Canada will endeavor to notify all affected persons in a timely manner.

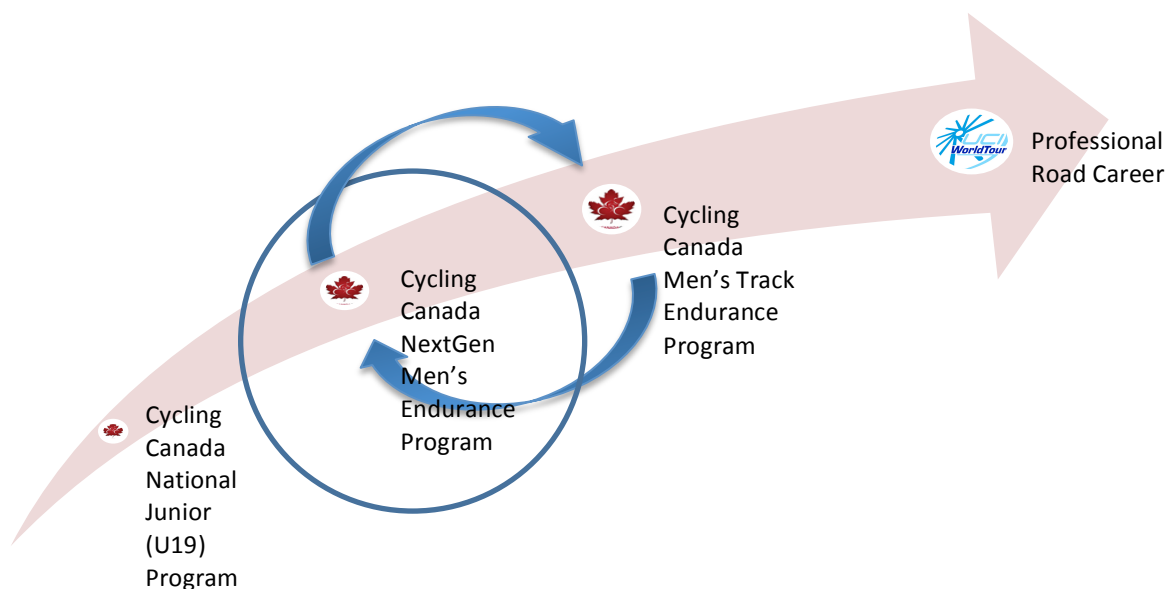
1. THE PROGRAM

Our vision... To create a World Class Men's Track Endurance program that will be medal competitive by Tokyo 2020 Olympic Games. Underpinning this vision will be a committed U23 endurance program for emerging talent supported by world class infrastructure and ambitions creating a long-term career pathway towards World Tour professional status.

It is well documented that track cycling is a leader in youth development and a long term career pathway towards professional road status. Many nations have proven this over the years and continue to do so today; e.g. GBR, AUS, DEN, NZL, SUI, etc. Canada, with the opening of the Mattamy Homes Cycling Center built for the 2015 Pan-American Games, now has the crucial tool to allow us to follow in these footsteps.

A World Class Team Pursuit program relies on the identification of young emerging talent with appropriate physiology and skill sets. These riders will have to commit to a year-round training and international racing program leading up to the ultimate goal: a world class performance at the Olympic Games in Tokyo 2020.

To support the development of the program and to underpin its track performances, a strong road program is required to maximise the physiological preparation needed to deliver on the boards. Such a program will also offer these young cyclists the best possible opportunity to develop towards a long-term professional road career through a developing network of connections with professional agents and Pro-Continental and World Tour teams.



2. THE PLAN

To develop from the current level of performance to world class in just a handful of years is ambitious and requires clear, objective and measurable goals. The following short to medium-term goals have been established:

2016

- **Track Results:** sub-4:05 TP time (sea level) and Top 12 nation (World Championships)
- **Track Competition focus:** UCI Track World Cup
- **Road Development:** Network and relationship development
- **Road Competitions:** World wide calendar
- **Number of riders:** 7 to 9 identified cyclists will be part of the core group

2017

- **Track Results:** sub-4:03 TP time (sea level) and Top 8 nation (World Championships)
- **Track Competition focus:** UCI Track World Cup
- **Road Development:** First Professional (Pro-Conti / World Tour) contract is signed
- **Road Competitions:** World wide calendar
- **Number of riders:** 8-10 identified cyclists will be part of the core group

2018

- **Track Results:** sub-4:00 TP time (sea level) and Top 6 nation (World Championship)
- **Track Competition focus:** UCI Track World Championships & Commonwealth Games
- **Road Development:** Second Professional (Pro-Conti / World Tour) contract is signed
- **Road Competitions:** World wide calendar
- **Number of riders:** 10-12 identified cyclists will be part of the core group

3. PARTNERS

The NextGen U23 Men's Track Endurance Program is a Cycling Canada funded national program. Our official partners are:

- Own the Podium
- Global Relay
- Canadian Sport Institute - Ontario
- Louis Garneau
- Ontario Cycling Association



In addition to the national support identified above, additional funding has been sourced through private donations to 2017. This has allowed the core-group of riders to be supplied with the majority of their major equipment needs – bikes, training/race wheels, etc. The search for additional donations and support is on-going.

While significant funds are being invested into this program, selected riders within the NextGen Men's Track Endurance Program will be asked to invest in their respective career. The overall expected program cost for each rider will be \$6,000/year, and is a necessary step in our formative years as we establish a training and competition standard for our athletes.

4. THE COACHES

With the support of Own The Podium and other partners, Cycling Canada will have two coaches overseeing this program.

- **Ian Melvin (NextGen Track Coach)**

Ian moved to Cycling Canada in June 2013 after several years working within the Australian Institute of Sport system. There, heading up a provincial feeder program, Ian's riders won over 10 junior World track Championships and his alumni have gone on to sign contracts with leading professional teams Orica-GreenEDGE, Saxo-Tinkoff and BMC. In 2014, Ian led Canada's new Men's Track Endurance program through a series of identification and development camps before introducing them on the world stage at the Commonwealth Games followed by a full UCI Track World Cup season.

- **Luc Arseneau (National Road Development Coach)**

Luc has been part of Cycling Canada's organization since 1995. First under contractual basis, he then took the role of Head Coach of the National Cycling Centre – Atlantic Canada in 2001. In 2009, he became the National Road Development coach to take care of the Junior and Espoir men's programs. Along the way, Luc was also part of the staff group for the Pan-Am Games (2003 in Santo-Domingo and 2007 in Rio), the Paralympic Games (2004 in Athens and 2008 in Beijing) as well as the 2010 Commonwealth Games in Delhi.

5. IST

IST support is offered to the Cycling Canada Men's (U23) Endurance program through the following staff:

- Michel L'Hoest – Soigneur
- Eddy Poisley – Soigneur
- Marie-Claude Abarousse – Soigneur
- Emily Wood – Physiologist
- Christine Dziedzic - Nutritionist
- Dan Peeters – Mechanic
- Shawn Marshall – Mechanic
- Andy Froncioni – Aerodynamics
- Roger Friesen - Sport Psychologist

- Dave Haanpaa – Road & Track Coordinator
- Jessika Grand-Bois – Logistics

6. U23 TRAINING AND COMPETITION CALENDAR

Calendar is open for review and adjustment. In the case where there are changes to the program, Cycling Canada will endeavor to notify all affected persons in a timely manner.

January

- UCI Track World Cup #3 (HKG)

February

- Road Camp (California, USA)
- UCI Track World Championship

March

- Road Camp, (SPA)

April

- Le Triptyque des Monts et Châteaux (BEL), 2.2
- Ronde Van Vlaanderen (BEL), 1.Ncup
- La Côte Picarde (FRA), 1.Ncup
- G-Skin Arden Challenge, (BEL)
- Tour de Piemont Vosgien (FRA), 2.12

May

- Eschborn-Frankfurt (GER), 1.2U
- Essor Breton (FRA), 2.12
- Fleche du Sud (BEL), 2.2 **OR** Tour de Berlin (GER), 2.2U
- Paris-Arras (FRA), 2.2 **OR** Triptyque Ardennaise (BEL), 2.12
- Tour de Gironde (FRA), 2.2

June

- Ronde de l'Oise (FRA), 2.2
- Canadian U23 Road Championship (Ottawa, ON)
- Fiorenzola (ITA), CL1

July

- Road Camp, (AND)
- Ronde van Vlaams-Brabant (BEL), 2.12
- Tour Alsace (FRA), 2.2

August

- Tour de Namur (BEL), 2.12
- Ronde Van Oost-Vlaanderen (BEL), 2.12
- Memorial Jonckheere Oudenburg (BEL), 1.12
- G.P. de la Magne, (BEL), 1.12

September

- Pan Am Track Championships (VEN)
- 3 Jours de Cherbourg (FRA), 2.12
- Tour de Moselle (FRA), 2.12
- Chrono Champenois (FRA),

October

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- UCI Road World Championships (QAT)
- Canadian Track Championship (Milton, ON)
- Tour of Taihu Lake (CHN), 2.2

November

- UCI Track World Cup #1
- Tour of Yancheng Coastal Wetlands (CHN), 2.2
- Tour of Fuzhou (CHN), 2.2
- Tour of Nansha (CHN), 2.2

December

- UCI Track World Cup #2
- Road Camp (California, USA)

7. ENSURING OUR FUTURE

A strong early talent identification plan is crucial for the long-term success of the NextGen Men's Track Endurance program. As such the coaches will be working closely with the respective Provincial Cycling Organization's and their coaches to ensure appropriate identification and development opportunities are offered.

From the provincial level, the first point of contact will be the Junior National level Programming. In working in close proximity to the NextGen coach(es) it is anticipated that the system wide provincial, club and personal coaches will be able to continue to increase the level of the U19 cohort of athletes to a point where, based on a similar training model and with identical philosophies, the best emerging young riders will be able to transition into the U23 program without hesitation.

By default, once named into a national junior program, riders will become an associate rider within the Cycling Canada NextGen Men's program. Furthermore across the next 12 months, NextGen coaches will work with Provincial coaches to establish a calendar of development camps and activities for identified development athletes showing potential for progression into the Cycling Canada NextGen Men's Track Endurance program.

8. SELECTION & MAINTENANCE CRITERIA

The core group of the 2016 NextGen Men's Track Endurance Program will be existing U23 track riders committed to the long term success of Cycling Canada's Team Pursuit program. Additional road specific riders will be included to strengthen the depth of the program during the road components of the program.

Refer to the 2016 Cycling Canada #NextGenU23 Athlete selection criteria

Introduced for 2016 will be a specific rider matrix by which individual athletes can be monitored and assessed throughout the year

For more information, please refer to the 2016 Cycling Canada Men's NextGen Track (Road) Endurance Program selection and maintenance criteria.

9. ANTI-DOPING

All athletes in National Team programs should familiarize themselves with the rules of the Canadian Centre for Ethics in Sport (CCES) and the World Anti-Doping Agency (WADA). In particular, you should familiarize yourself with the current Prohibited List of Substances available at: <http://cces.ca/prohibited-list>

In particular, any athletes who are asthmatic should ensure that their medications are properly registered with the CCES and UCI and that an Abbreviated Therapeutic Use Exemption form (TUE) is completed and submitted to them. This form can be downloaded through the following web link:

CCES form: <http://cces.ca/therapeutic-use-exemptions>

UCI form: <http://www.uci.ch/clean-sport/therapeutic-use-exemptions/>

As well, any other medications that an athlete may be taking with just cause, which is on the banned or restricted list, should ensure that they have everything documented with the CCES and/or UCI. Any athletes with TUE forms on file with the CCES and/or UCI should ensure that they have a copy of this form with them during the full time of the National Team Project. Please bring any prescriptions medications with you.

If you are not sure about a medication or supplement that you are taking, please contact the CCES and they will be able to offer you the answer you are looking for. This will help you avoid any unpleasant surprises while on site. For further information, please contact:

CCES: 1-800-672-7775 (Canada wide)
info@cces.ca / www.cces.ca