

Athletes' Council Newsletter

Issue 1, February 2020

Hello athletes! Welcome to the first edition of the Athletes' Council newsletter. One of our primary missions as a council over this term is to increase transparency and communication, and this newsletter is one of the actions we are taking to achieve that goal. You can expect 3-4 newsletters per year, each providing an update on the workings of your council and the activity of our programs. In this first issue, you will find updates on our main projects as well as two requests for feedback so that we can ensure we are serving the needs of you, our peers in sport.

We will keep these issues concise and to the point; we know your time is valuable! In this first issue, you will find updates on the following projects:

1. Changes to the composition of the Athlete's Council
2. Athlete resources available on the Cycling Canada website
3. Review and revision of the current Athlete Agreement
4. Our Team Highlight for the quarter
5. Next meeting

Changes to the composition of the Athlete's Council:

The Change:

Effective immediately, we have moved as a council to expand our umbrella and include cyclocross as a represented discipline on the Athletes' Council. At the recent World Championships, the 'cross team voted to have Ruby West and Cam Jette come on board as athlete reps. We are also in the process of adding reps from Downhill and BMX Freestyle.

Reasoning For This Change:

We believe Cycling Canada exists to promote and facilitate involvement in all disciplines of cycling, not just those with an Olympic / Paralympic pathway. We believe all of our athletes should be represented and have a voice within the organization.

Current Progress:

Cyclocross has already been added, and we are in the works of adding other disciplines. We will be updating the Council's Terms of Reference in advance of the next elections in December 2020 to reflect these changes and provide clarity regarding how each discipline will be represented.

Cycling Canada Website Athlete Resources

In an effort to improve the accessibility of information relevant to athlete success, we are working to increase the information available to athletes and restructure how this information is organized. As a Council, we felt that information necessary for performance, planning, and health should be more readily available, and athletes should have a clearer idea of what

information and services they have access to. We are currently in the process of collecting and organizing these resources.

The “high priority” categories of information that we have identified are:

- Athlete and Life Services (i.e. Game Plan)
- Athletes’ Council (members and contact info, reports, meeting notes and summaries)
- Coaching and Performance Planning (universal training and competition schedule)
- Mental Health and Performance (resources and contact information, mindfulness resources, flow chart outlining availability of resources for National Team athletes)
- Selection Criteria
- National Team Athlete List (to create more opportunities for contact and collaboration between athletes)
- Athlete Services (insurance access, discipline-specific IST resources, athlete wellness resources)
- Concussion Information and Protocol
- Media Relations

How will this information be accessed? This is currently in the works, but as some of the information is sensitive, it will likely be via a log-in web portal as opposed to being publicly available on the Cycling Canada website.

Call for feedback: we want to know what YOU want. Here is a link to a very short survey which gives you the chance to tell us what you need: <https://forms.gle/4qfpJNsPT1fjsPUKA> .

Review and Revision of the Current Athlete Agreement

In order to make sure that the agreement all carded athletes are required to sign is fair, up-to-date, and relevant, we are currently working on revising this agreement. This will become a top priority after April, when our leads in this area have slightly calmer schedules.

Team Highlight

As you all know, at least one of our disciplines is always off somewhere in the world competing. Last month, our Para Track program hosted World Championships at home in Milton, and it was a spectacular event. In addition to many exceptional performances, Kate O’Brien’s return to competition was a highlight. After suffering a serious head injury in the summer of 2017, Kate has returned to competition in the C4 class. Inspiring rides saw her set two new World Records and earn a Rainbow Jersey in the 500m time trial. Well done Kate, and congratulations to the whole team!

Next Meeting

Our next meeting will take place in early April. In advance of that, we want to take a moment to remind you of your athlete reps and their contact info:

- Para: Evelyne Gagnon (evelynegagnon4@gmail.com) and Tristen Chernove (elavateairports@gmail.com)

- Mountain Bike: Haley Smith (haley.smith@powergate.ca) and Andrew L'Esperance (andrewlespy@gmail.com)
- BMX: Drew Mechielsen (drewmechielsen@hotmail.com) and James Palmer (jsp66@shaw.ca)
- Road: Sara Poidevin (sarapoidevin@gmail.com) and Ryan Anderson (ryan.anderson@shaw.ca)
- Track: Annie Foreman-Mackey (formacannie@gmail.com) and Adam Jamieson (adam.jamo96@gmail.com)
- Cyclocross: Ruby West (ruby.west9@gmail.com) and Cam Jette (cameronjette@gmail.com)

Request for Feedback: in addition to the survey you will receive, here is a link to an anonymous submission form that you can use to submit topics for discussion, concerns, and general inquiries. As always, feel free to get in contact with your athlete rep at any time!

Anonymous submission form:

https://docs.google.com/forms/d/e/1FAIpQLSdH3cBGLi2hpS_G_fqMe34mGDhZynHNR57cJjCJ_PG4mCNr6A/viewform?usp=sf_link