



2024 Advancement Education Series

Learning faster than the competition is our greatest sustainable advantage.

You are invited to take part in a fun and informative series of fire-side chats with Canada's National Team Coaches. Each session will feature a 30minute interview hosted by the National Team Head Coach, Dan Proulx. This will be followed by a 30-minute open discussion with the audience. This is a great opportunity to share ideas on how to progress to the World level at an optimal rate. This year's series will have a technical and tactical focus. Athletes and coaches are encouraged to attend sessions in a variety of disciplines to spark ideas and new ways of training.

All sessions will be hosted through Zoom and registration will be facilitated through Cycling Canada's online Education Portal. Please visit <http://edu.cyclingcanada.ca> to register for a session. Once registered, an automatic email will be sent to you with the Zoom link for the session included. *There will be no charge to register for a session.*

COACH SPECIFIC SESSIONS – Technical/Tactical Key Performance Indicators.

Topic	National Team Coach	Date	Time
Road	Nigel Ellsay, Richard Wooles	Dec. 4, 2023	5pm EST
Cyclocross	Michael Van den Ham	Dec. 5, 2023	5pm EST
Downhill	Chad Hendren	Dec. 12, 2023	5pm EST
Track	Laura Brown, Phil Abbott	Dec. 13, 2023	5pm EST
MTB XCO	Catharine Pendrel	Dec. 14, 2023	5pm EST

Note: The sessions above are for coaches only. Pre-requisite is full NCCP Intro to Comp certification.

ATHLETE SPECIFIC SESSIONS – Progression to the international level. Key elements.

Topic	National Team Coach	Date	Time
Track	Laura Brown	Jan. 8, 2024	5pm EST
Road	Nigel Ellsay	Jan. 10, 2024	5pm EST
MTB XCO	Catharine Pendrel	Jan. 15, 2024	5pm EST
Cyclocross	Michael Van den Ham	Jan. 17, 2024	5pm EST
BMX Freestyle	Dave Thomas	Jan. 22, 2024	5pm EST
BMX Race	Adam Muys	Jan. 23, 2024	7pm EST
Downhill	Chad Hendren	Jan. 24, 2024	5pm EST
Para Cycling	Sebastien Travers	Jan. 29, 2024	5pm EST

Note: Coaches are welcome to attend that athlete sessions so that everyone is aware of the information being discussed.

ALL DISCIPLINES – BEST PRACTICE FOR FUTURE NATIONAL TEAM ATHLETES.

Topic	Presenter	Date	Time
Goal Setting for Future NT Athletes.	Special Guest (Sharleen Hoar) and Dan Proulx	Feb. 5, 2024	5pm EST
Important Items to Remember for	Special Guest (TBA) and Dan Proulx	Feb. 12, 2024	5pm EST



National Team Projects.			
Nutrition on National Team Projects.	Special Guest (TBA) and Dan Proulx	Feb. 26, 2024	5pm EST
Managing Life on the Road.	Special Guest (TBA) and Dan Proulx	Feb. 28, 2024	5pm EST