



**2017
PROGRAM DESCRIPTION
AND
SELECTION CRITERIA**

Programs:

Saskatchewan Cycling Association's regional, development, and performance program for competitive cyclists are based on Cycling Canada Long Term Athlete Development (LTAD) Model from *Train to Train* through to the *Learn to Win* stages.

With the intention of developing the next layer of athletes to reach their full potential and achieve elite status, targeted athletes will be offered opportunities to develop and train through the Provincial programs and pathways. Athletes will be supported by accessible and realistic development programs matching their growth development stages (including coaching, integrated specialist services, Provincial team camps and competition programs).

The program will create a strength and depth in Saskatchewan cycling, and will assist talented athletes with the potential to achieve National Team performance standards. The long-term goal remains to produce a consistent stream of cycling talent to compete in Olympic cycling disciplines, and to achieve podium performances nationally.

Objectives

- To channel athletes into National team programs and into development cycling teams.
- Ensure Saskatchewan cyclists have the training and fitness necessary to achieve podium performances and success at Canadian National Championships and National level competitions
- Sustain a coordinated training environment through a performance /development system that is integrated from National to regional levels.
- Facilitate the development and implementation of a cycling-specific Long Term Athlete Development Model.
- Support the long-term professional development of cycling coaches in the province.

Program and Pathways:

- a. Performance U23**
LTAD Focus *Learn to Win*
- b. Development U15 and U19**
LTAD Focus *Learn to Train* through *Train to Compete*

2016-17 Program Start Date

The program starts On April 14, 2017 and ends on December 30, 2017 with the first training camp planned from April 14th-April 22nd

Cost: The 2017 HP program will have a cost of \$250. Please include a cheque written to Saskatchewan Cycling Association with your application form.

Eligibility:

- Athletes with commitment and the potential to achieve elite status and approved by Provincial Coach.
- Complete and sign the **2017 Provincial Team Program Application**.
- Complete **Athlete Profile Form**.
- Complete the [High Performance Code of Conduct for Athletes](#).
- Be in good standing with SCA.
- Registered with SCA for 2017. Athletes must be licensed members of the Saskatchewan Cycling Association and have paid HP program fees.
- Agree to train under the direction of Provincial Coach.

Racing Program / Training Camps

Appendix A

Projects and Travel

An appropriate race schedule is a key element for development. Entry fees, travel and accommodation will be organized for selected projects. In order for the SCA to run a full development program, maximizing riders' potential and providing a full experience, athletes may be asked to contribute financially towards their participation in some of the projects.

Athletes will be selected for projects based on the following general criteria and set of published objective criteria for each project:

- Coach's recommendation to determine if competitions are appropriate for the athlete.
- Data form physiological testing, time trial testing – training camp and special event timing.
- Commitment – workout attendance and work ethic.

Please note the project and race program is tentative and subject to change. The SCA reserves the right to increase or decrease the number of projects and/or number of participants for each project based on the athlete's development level and logistical considerations

Applying to the Provincial Program

Provincial programs are open to all athletes age 13 to 22 (Under 23) during the year of competition. Interested athletes should contact their provincial coach through:

Saskatchewan Cycling Association
2205 Victoria Avenue
Regina, Saskatchewan
Canada
S4P 0S4

Attn, Sarah Honeysett, Executive Director: Re: Provincial Program

or email to SCA at cycling@accesscomm.ca
with *Provincial Program* in the subject line

Application deadline April 13th, 2017

Appendix A

Projects confirmed

Date	Travel dates	Name of the project	Location
April 14 th	April 14 th -April 22 nd	Spring Climbing/MTB camp	Penticton, BC

This Appendix will be updated as projects are confirmed.