



2019
SCA PERFORMANCE CYCLING PROGRAM

Saskatchewan Cycling Association (SCA) 2019 Performance Cycling Program (PCP) Overview.

(living document)

Table of Contents

Page	
3	Program Description
3	PCP Pillars
3	2019 Program Start Date
4	Eligibility Requirements.
5	PCP Athlete Tiering: Titles and Levels Defined.
8	2019 PCP Goals
9	Athlete Assistance for SCA Performance Cycling Program Members 2019
9	PCP Performance Funding Incentive
10	Program Clothing Requirements
10	Volunteer Requirements in 2019
11	Accepting Donation, Sponsorship and Promotion
12	Introductory Performance Bikes Project
12	Performance Cycling Program Equipment Swap
12	Athlete Mentorship Initiative
13	Projects and Travel
14	Educational Sessions
15	Baseline Data Collection
15	Program Testing & Reports
16	PCP Athlete Winter Indoor Cycling Equipment Needs
17	Applying to the SCA Performance Cycling Program

Program Description:

The Performance Cycling Program (PCP) is SCA's provincial high performance cycling program focused on the Olympic cycling disciplines within Saskatchewan (SK).

- It is led by the provincial head coach.
- It feeds from the SK population and local SK cycling clubs.
- It is intended for youth cycling athletes age 13 to 22 (Under 23) during the year of competition.
- The aim is athlete high performance.
- The focus is high performance development.
- The PCP seeks to utilize SK resources of people, land, clubs, coaches, technology, talent, and industry to support SK youth pursuing competitive cycling dreams toward the National/International level.
- The objectives are:
 - 1) increase the pool of competitive cycling youth athletes training and racing within the province of SK.
 - 2) have SK athletes competitive at national race competitions.
 - 3) promote SK athlete's selection to National Cycling Teams, National Trade Teams, National Projects, Private elite NCCP coaches and/or achievement of a National Athlete Performance Standard.
 - 4) Focus on long-term athlete development.
 - 5) Meet athlete's where they are at development wise and create opportunities.

PCP Pillars:

- Commitment.
- Collaboration.
- Excellence.
- "Sask Pride".

Program Start Date.

This program is for the 2019 Racing Season. Performance cycling season starts mid November and ends in October.

New athletes may join the program at any point in the season provided they meet program eligibility requirements.

Eligibility Requirements:

- Athletes with commitment to training and racing will be approved by Provincial Head Coach to join.
- Be in good standing with SCA. Any athlete joining must hold a valid SCA membership.
- Athletes must be licensed members of the Saskatchewan Cycling Association and have paid program fees of \$150 for U15 athletes and \$250.00 for U17, U19 and U23 athletes.
- SCA program graduates and SK pro cycling athletes over age 23 may participate if their participation positively contributes to the youth program. They are not the priority of the program.
 - On a case-by-case basis an "aged out" (SK graduate of provincial program) athlete may be included. An "aged out" athlete may be removed from a provincial project at any time without reason to better accommodate youth participation or youth development. Regular fees will apply for the "aged out" athlete.
- Privately coached athletes are eligible for the provincial program.
 - They do not have to report their day to day programming to the provincial coach provided their private coach is NCCP certified. Frequent communication between provincial coach and athlete could be beneficial, but is optional as long as the athlete continues to be positively developing.
 - Athletes who are privately coached agree to communicate monthly with the provincial head coach the status of their training/racing preparation as it relates to the 2019 provincial program planning, project development, and project request for participation.
 - If at event with PCP program, then the athlete will accept full direction from the Provincial Coach, over the private coach.
- All PCP athletes must meet for a face-to-face meeting with the provincial coach if intending to participate in a 2019 provincial event/project. Contact provincial coach to book a meeting.

PCP Athlete Tiering: Levels Defined.

Athletes within the PCP will earn the title "Development Athlete", "Performance Athlete" and "High Performance Athlete". People who work hard, but do not achieve the performance standard will not be excluded from the program, but will not advance levels until they meet requirements. Titles will not be given freely in the PCP, they will be earned.

1. Development Athlete (D). Any interested athlete 13 years of age or older that wants to work to improve their cycling performance and meets the outlined eligibility requirements will be considered a "Development Athlete".

Requirement # 1

Each athlete be familiar with the LTAD stages of development they are currently at within the Cycling Canada LTAD document as well as the stage requirements of athletes just above current stage and just below (<http://www.cyclingcanada.ca/development-programs/cycling-ltads/>).

2. Performance Athlete (P). Any athlete who meets the previous requirements as well as:
Requirement #1- Athlete Age.

- Athletes must be a minimum of 15 years of age or older by Dec 31 of the race calendar year (Example 2019 season, age 15 by Dec 31, 2019).

Requirement #2 – Aerobic power standard.

- Meet 20 min. normalized power standard (watts/kg).

- This requirement indicates an athlete's aerobic fitness level and likely the race category they are competitive at fitness wise.
- Athlete's may complete this 20 minute maximal effort at any time throughout the year, indoor or outdoor, using a power meter device.
- This effort may be completed from a 20 minute time trial test or a race where a calibrated power meter is used. Athletes must provide the raw power file to the provincial coach for examination and confirmation.
- The 20 minute power will be divided by an athlete's weight (taken before the effort) to determine their relative power (watts/kg).
- An athlete's power to weight ratio (watts/kg) will be compared to normative data to determine if they have met the standard for their age and gender.

Age (yrs)	Female (watts/kg)	Males (watts/kg)
Elite (23+)	3.8	4.5
Espoir (19-22)	3.4	4.0
Junior (17-18)	3.1	3.5
Cadet (15-16)	2.8	3.1

- BMX athletes will not be required to meet the aerobic power standard but rather meet a 30 second Anaerobic Wingate Test standard to measuring their peak anaerobic power and anaerobic capacity (watts/kg) once equipment and testing opportunity established. Standards Table for Wingate to be produced and added to this document after normative data collected and reviewed.

Requirement #3 – Competitive standard against out of province athletes.

- Only out of province and national race results will be used for comparison to ensure that performance athletes and those wishing to become performance athletes are indeed qualified.

- Cadet aged (U17, 15-16 years old) athletes must train in (not necessarily compete in) one other cycling discipline other than their primary cycling discipline. LTAD states importance of not having young athletes specialize in one discipline to soon.
- Junior aged (U19, 17-18 year old) athletes must meet the competitive standard in at least one discipline. Upon completion of the event, the athlete must submit the race results to the provincial head coach to support that the race field included nationally competitive, age appropriate athletes.
- Pre-approved standards based upon events are listed below.
 - Athletes are free to use National level events. All other events not yet identified in the table submit to provincial coach to review for approval. This ensures events used are appropriately competitive.

Pre-approved Events

Discipline	Event	Gender	Age	Minimum Competitive Standard
Road	National Time Trail	Both	All	Finish within 15% of winning time for your age category.
	National Road Race	Both	All	Finish within 2.5% of the winning time for your age category.
	National Criterium	Both	All	Finish within 10% of the winning time for your age category.
MTB	National - Cross Country	Both	All	Finish within 20% of winning time for your age category.
	National Eliminator	Both	All	Finish within top 20% based on placing.
	Manitoba, or Alberta MTB	Both	All	Comp category, finish within 10% of winning time.
Cyclocross	National - cyclocross	Both	All	Finish within 10% of winning time for your age category.
BMX	Nationals	Both	All	Finish within top 20% based upon placing or receive a World's qualification.
	Alberta Grands			Finish within top 20% based on
	Other Event			To be discussed with BMX coaches.
Track	Nationals	Both	All	To be discussed with track coaches.

Requirement # 4

- Provide evidence to provincial coach that the athlete candidate is taking their own initiative to prepare themselves for big cycling events in the upcoming seasons such as National Championships, Canada Games, Western Canada Games or large out of province races.
 - Athletes are expected to compete and train in and out of Saskatchewan.
 - Training and Racing Log's must be kept by performance athletes.

3) High Performance Athlete (HP Athlete)

Any athlete who meets previous ("performance level") requirements listed and are either:

- a) A member of a Cycling Canada recognized national trade team.
- b) A member of a Cycling Canada National Team.
- c) Cited on the current Cycling Canada Advanced Talent Pool document (not General).
- d) Cited as a "top 10" result producing athlete in Canada, as indicated by a national race result and finish within a minimum competitive standard of the winner, within the past 12 months.

2019 PCP Goals:

- Create opportunities for athletes.
- Build a provincial sport structure that will result in high performance athletes.
- Build an in-province coordinated training environment; integrate it from local club level to national level.
- Have more cycling youth training more hours (Ex 400 + physical training hours across all physical fitness activities within a cycling calendar year).
- Provide in and out of province camp and race options for athletes throughout the 2019 season.
- Provincial coach attend provincial races and events, use them as opportunities to train and interact with athletes.
- Establish strength and spin training session options twice per week through the winter months in Saskatoon and Regina.
- Recruit SK youth athletes willing to commit to Cycling Canada's LTAD cycling training recommendations for their prospective development stages.
- Facilitate and implement the Canadian Cycling Association's Long Term Athlete Development Model for youth cyclists.
- Channel PCP “performance level athletes” into National teams, National trade teams, national development team programs, as opportunity arises.
- Expand the quality and quantity of youth cyclists in the province of Saskatchewan.
- Identify & develop performance coaches in the province of Saskatchewan.
- Build a provincial sport program that becomes top tier amongst the family of Sask Sport funded provincial sport programs.

Athlete Assistance for SCA Performance Cycling Program Members 2019

Athletes who are enrolled into the PCP program will be eligible to apply for athlete assistance to help cover costs of training and competitions in the 2019 season. Deadline to apply will be May 31, 2019. Athletes will be tiered according to their PCP level/title earned.

PCP Performance Funding Incentive

- \$2000 maximum dollars for distribution amongst HP and P eligible athletes each year, not all dollars must be distributed. This funding will be allocated according to the criteria below.

1) Performance funding will be rank based on event priority.

• Performance funding event priority is as follows:

- National championships
- Canada Cup Mountain bike and Road races.
- Open Application for other out of province UCI level races w category depth and participation greater than 20 similar category youth from across Canada and abroad (Jr. Road Race, l'Abitibi for example qualifies).

2) Performance funding result allocation:

- \$300 first place
- \$200 second place
- \$100 third place
- No dollars for any other placements

Funding distributed at the end of the season (~ November 1, 2019).

Program Clothing Requirements:

- Mandatory wearing of provincial team kit for SCA funded race events. At this time we do not have a separate development team kit.
- SK Club level (Ex: ORS, RCC, BCW, Cycledelia etc.) kits may be worn at Sask Cup race if athlete wishes.
- At training athlete may wear any appropriate fitting kit.

Volunteer Requirements in 2019

The SCA relies heavily on the contributions of volunteers, which are greatly appreciated and vital to the success of the organization and its events and programs. A PCP volunteer requirement policy is being considered for 2019 to facilitate a strong continued relationship between the PCP athletes and the SCA itself.

In 2019 season all members of the PCP will be encouraged to perform some volunteer service within the cycling season.

- Volunteer tasks can be as simple as:
 - HP & P athletes partaking in development athlete mentorship, or assistance with SK provincial race take down, or sport promotion through public education.
- No maximum or minimum this season, please do what you can do.

A volunteer interview will be conducted between provincial head coach and each PCP athlete at the end of the 2019 season to hear how each athlete contributed to SCA volunteer needs.

Athlete contributions in 2019 will determine if a "Volunteer Bond" and athlete buy out is needed within the program in future years.

Accepting Donation, Sponsorship and Promotion

- Interested parties may email the Executive Director at the SCA office with "Sponsorship", "Donation", or "Promotion" in the subject title if they wish to contribute financially to the program.
- Thank you is extended to those who have already done so.
- If you receive any SCA athlete assistance or PCP camp/race/program subsidization in 2019 season it is recommended you send an email to SCA main office outlining how SCA funding/subsidization has assisted in your personal cycling development thus far.

Introductory Performance Bikes Project

- Any SK resident or business may donate high performance "fully functional/excellent condition" pieces of equipment valuable to the SCA Performance Cycling Program in exchange for a tax-deductible receipt. Ask the provincial coach for more details. Thank you to those who have already done so.

Performance Cycling Program Equipment Swap

- A fundraiser proposed for 2020 to raise funds for the SCA Performance Cycling Program.
- Interested volunteers may ask the provincial coach for details.

Athlete Mentorship Initiative.

- Selected older athletes will provide leadership, support & guidance to younger athletes within the program (mentorship).
- Selected older athlete will establish a relationship with the younger athlete such that younger athlete feels comfortable being able to contact the older athlete.

Projects and Travel

Entry fees, travel and accommodation will be organized for selected projects. In order for the PCP to run a full program of events, maximizing riders' potential and providing a full experience, athletes will be asked to contribute financially towards their participation in several PCP projects.

Athletes will be selected for projects based upon:

- Club Coach's recommendation
- Data from physiological testing, time trial testing, previous training camps or past race results or special event timing data
- Coach's review of athlete commitment to excellence, workout completion and work ethic.

Please note the project and race program schedule 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.

The "Sask Cup" - Series of Races are a priority within the PCP program. Whenever possible, educational camps, training, coaching support, athlete consults will occur on Sask Cup Event weekends. PCP athletes are expected to attend a minimum of two in-province race events within the SCA Sask Cup Calendar year, more races recommended.

Athlete behavior at events is expected to be in line with the "SCA Provincial Program Policy" document. Any athlete that is not behaving in a manner consistent with the high expectations of the program may be sent home from a project or camp. In that instance it will be at the parents/guardians cost to send the athlete home. This will be used as a last resort and in most cases after warnings have been issued.

Racing Program / Training Camps:

To be announced throughout the year as they become available.

Possible projects/camps:

- February advanced provincial collaborative road camp.
- March California Racing – U23
- April Cycling Canada Para camp.
- Provincial race events. All season
- May: Hayman Classic

- Nationals: Road, Mountain, BMX.
- July: Western Canada Games Team Camp – upon team selection date tbd. Swift Current.
- August: Western Canada Games

- Ramouski. Abatibi, Bear Mountain Canada Cup (MTB)

- MTB Skills Camp – upon request.

- BMX Skills Camp- upon request.

- Individual athlete billeting options may be available (Examples: Victoria or Squamish)
 - Ask provincial coach for details if interested

Educational Sessions:

Allied Sports Medicine Sessions:

- Nutrition Sessions
- Mental Training Sessions
- Mechanical Sessions
- Drug Education Session

Offered in a group format to PCP athletes throughout the season as opportunity presents.

Baseline Data Collection.

(Mandatory data for High Performance and Performance qualified athletes, encouraged but not mandatory for Development athletes).

With the start of a new training season, here is a list of things each athlete is best to complete as soon as possible (all collected by mid January).

1) **Bloodwork.** Please make an appointment with either your family doctor or call the provincial coach to arrange a visit to a sports medicine doctor or a family doctor familiar with high performance development. Bloodwork is recommended to ensure there are no factors that limit the athlete's ability to train and excel as an endurance athlete. BMX athletes may or may not require this testing; discuss with provincial coach. By knowing your blood characters now, you are able to address any concerns medically or through diet early. You should get the following:

- CDC
- Serum Ferritin.

2) **High Performance Physiotherapy Assessment and FMS Assessment.** This is to be completed at the athletes expense by making an appointment with a high performance focused physiotherapist of your choosing and a movement screen conducted by the provincial head coach provided by SCA. If you require assistance locating a high performance focused physiotherapist contact your provincial head coach. The purpose of assessment is prevention of an "in season" injury as a result of a "off season" preventable factor. This type of assessment is appropriate for all athletes with previous injury, current injury, or no injury. The physiotherapy assessment is a medical examination including a full injury & training history, and current injury or repetitive injury examination. These types of assessments are best done at the beginning of "off season", or during the general conditioning phase of a new season. Professionals provide feedback to strength and conditioning coaches, and other members of athletes training team regarding anything to avoid for any particular athlete based on their physiotherapy assessment. No medical information is shared without athlete's permission. Any issues that require rehab can be identified and managed by athlete and family prior to the spring race season.

3) **Concussion Baseline Testing.** With cycling being a high impact sport, this test provides a baseline comparison in the event an athlete hits his/her head. Baseline testing is encouraged but not required. If an athlete is suspected to have had a concussion they must see a doctor to diagnose and plan a safe recovery and return to sport plan. SCA has a concussion policy; it can be found on the SCA website. Contact provincial coach before you attempt to book anything.

Program Testing & Reports:

(Occurring within season)

- 20 min Time Trial Testing (all athletes)
- Food Recall Report (U23, U19, U17 PCP athletes)
- Power Profile Testing (P)
- Outdoor Group Ride Assessment * Weather Dependent
- Summer Testing: date determined in spring

PCP Athlete Winter Indoor Cycling Equipment Recommendations:

Riding Indoors:

- Road Bike or Cross bike with slick tires. Mountain bike with slick tires acceptable in year 1.
- Cycling shoes
- Cycling Shorts
- Jersey or T-shirt
- Flat Repair Kit (tube, tire levers, multi-tool, air pump)
- Ride food (at indoor camps use bars, not gel to avoid sticky messes)
- 2 Water Bottles
- Drink mix for water bottles
- Post-Ride Recovery Food
- Fan
- Music playlists
 - Wireless or wired headphones/sport buds (optional indoor training only, * headphones voids insurance if used outdoor on the road or indoor on track)
 - Wire extensions of 6 feet (optional)
 - Music stand or Ipad holder (optional)
 - Dedicated indoor training location (optional with minimal set up and take down)
 - TV/Video Screen (optional)

***HP Athlete requires:** Rollers, trainer, power meter, HR monitor, downloadable cycling computer that can utilize power.

***P Athlete requires:** Roller or trainer, downloadable cycling computer that can utilize power

***D Athlete requires:** Trainer or rollers. All other items gradually acquire as opportunity presents

Strength & Conditioning Sessions

- Indoor gym shoes
- Indoor gym cloths (shorts, t-shirt)
- Water Bottle
- Post workout recovery/build food

Outdoor Winter Rides

- Cyclocross, MTB or Fat Bike
- Helmet
- Clothes-lots of layers (chest, legs, socks, gloves, toque that fits under helmet)
- Sunglasses/goggles
- Flat repair kit

Applying to the SCA Performance Cycling Program

Athletes wishing to apply to the SCA Performance Cycling Program must contact:

Sarah Honeysett

Saskatchewan Cycling Association.

2205 Victoria Avenue

Regina, Saskatchewan

Canada

S4P 0S4

or email Sarah at cycling@accesscomm.ca with *Performance Cycling Program* in the subject line.