



## SCA-PCP 2020 MTB 1<sup>st</sup> athletes.

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### PCP Motto:

- Create opportunities for Sask high performance youth athletes to develop by supplementing local club, coach and city offerings.

### PCP Mission:

- Priority 1: Fill rosters at Multisport and National Championships.
  - Priority 2: Send athletes ready to compete for podiums at these events.
  - Provide opportunity for athletes to develop bike skills and fitness at SCA-PCP Projects in exchange for athlete agreement to try out for Cycling Multisport Games and Nationals. If selected athlete may represent Saskatchewan.
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### SCA-PCP MTB (XCO) Calendar 2020 Opportunities.

Note: Below is plan as of Feb 1, 2020. Plan is subject to change based upon athlete and project leader availability.

1. **Strength & Conditioning + Correctives.** January – April. Craven Sport Services in Saskatoon. Russ Down by appointment in Regina. Ongoing.
2. **Observe there is a Canada Cup XCO Race Bear Mountain March each year.** In 2020 it is March 28; 1<sup>st</sup> Canadian MTB race of the season. Consider a target for 2021/22. Express interest to Prov head coach. Prepared athletes wanted.
3. **Easter Spring MTB Camp.** Location: Hurricane, Utah. Dates April 9-19, 2020. Driving from Sask with van and trailer. Athletes choosing to fly into Las Vegas rather than drive down with SCA Van can be accommodated, however discuss with RD logistics before book flight.
4. **Provincial Race Series.** (5 of them + Prov Champs = 6 races.) Purpose: CV Conditioning & Race simulation practice. PCP Support at races provided no out of province project conflict. SCA website hosts race calendar. Info on each race on club host website. Recon and race support before during and after available.
  - a. Sunday, May 10. XCO. Sask Cup#1. Wascana Challenge. ORS. Wascana Trails (near Lumsden).
  - b. Sunday May 24. XCO. Sask Cup#2. Antelope Bonker – Swift Current. (Hayman Classic Road event Penticton is at same time).
  - c. Sunday June 7. XCO. Sask Cup #3. Granny Twister. Esterhazy.
    - i. (Ochap 5 downhill runs are 30 min or less away from Granny Twister course. With permission may be able to ride Saturday (before Recon) or after race. TBD.
  - d. Sunday June 28. XCO. Sask Cup #4. Rock n Road. P.A. (history of cash prizes)
  - e. Sunday July 19. XCO. Sask Cup #5. Blackstrap Biter. Blackstrap Prov Park. Near Saskatoon. NBR & BCW clubs
5. **Canada Cup XCO & Enduro.** Canmore. June 12-14, 2020. Express interest. Accommodations are scarce book soon, talk to Coach Russ if interested in this project.
6. **Local Club Enduro's.** MJ Pavers. One event in Spring and one event in fall date tbd by Matt Froelich, Moose Jaw Pavers, organizer.
7. **MTB XCO Canadian Championships.** July 11-12, Oro Station, Ontario.

8. **Mountain Bike Racing and Training Project in Squamish BC area.** August 11-21. Accommodation for project is set to be Squamish Adventure Inn- Hotel & Hostel– space is limited, book your room soon. Ask Coach Russ for details. SCA Van & trailer will be travelling to Squamish. Athletes not available for ground transport on 11 th can join group at later date by flying into Vancouver with bikes transported by ground in SCA Van/trailer on 11<sup>th</sup>. Talk to Russ to finalize logistics. End of project will be traveling directly to MJ/Buffalo Pound for XCO Championships arriving in MJ/Buffalo Pound area night of Friday, August 21.
9. **XCO Provincial Championships.** Sunday Aug 23. Buffalo Pounder. Buffalo Pound Provincial Park. MJ Pavers host. Saturday Aug 22 Course Recon.

#### **Additional services available to PCP- Performance athletes.**

- Training Peaks Coaching Option. CV Development.
- Group Nutrition Counselling Session.
- Group Mental Training Session.
- Prov Coach consultation and/or resource finding.
- Performance Testing.
- Opportunity to apply for athlete assistance.
- Opportunity to receive performance incentive.
- Opportunity to receive subsidization for National and out of Province HP Projects. Case by Case if a team is not sent and event can be worked in.
- MTB 1<sup>st</sup> athletes are recommended to spend 60+ percent of their training time building cardiovascular fitness. Constant intensity cycling workouts are recommended to supplement varying intensity mountain bike workouts. 40-50 percent of their time emphasizing further bike skill development.
- MTB first athletes are expected to attend some Road 1<sup>st</sup> athlete sessions to keep building base cardio fitness. MTB athletes are recommended to own a road bike for winter indoor training. If being the best was easy, everybody would be doing it.
- MTB athletes are encouraged to attend local XCO club weekly race/training series on Wednesdays through the summer. Examples: NBR/BCW in Saskatoon, ORS in Regina, Rock n Road in P.A, Short course MTN biking, Prairie Cycling Development. Saskatoon.
- In winter fat bike events exist. Plan to attend one. Bike shops sometimes rent or loan demo bikes. Look into it.

#### **Note:**

- Please refer to Provincial Head Coaches 2020 Calendar for **target events for all disciplines**. Organized according to date. Additional individual PCP athlete events please discuss with Prov Coach.
- Athlete recruitment and existing athlete prep for Canada Games 2021, Niagara Falls, ongoing. Selection Criteria to be released Spring 2021. Training is on now.