

SCA-PCP 2020 Road 1st athletes.

PCP Motto:

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

PCP Mission:

- Fill Olympic Discipline rosters at Multisport and National Cycling Championships.
 - Send athletes who are competitive to Multisport & National Championships.
 - 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 *if selected* represent Saskatchewan.
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SCA-PCP 2020 Calendar of Road Training & Racing Opportunities.

Note: This is a living document. Below is an update of plans as of Feb 4, 2020.

Events are subject to change based upon athlete and project leader availability. Due to budget constraints not all events identified in document can be subsidized as team projects. Some have been included for athlete education purposes as you are able to attend as an individual at event. Contact Prov coach regarding further details on any listed event.

1. January – April, 2020. **Strength & Conditioning + Correctives.** Craven Sport Services in Saskatoon. Russ Down by appointment in Regina. Started.
2. March 15, 2020. **Road Commissaire “C” Course** – for Parents. 9:30-4PM. 510 Cynthia St. Saskatoon SK. \$20 fee w payment possibility from race host for working at races (talk to head Prov Commissaire).
3. March 22, 2020. Saturday. **Bike Fit Education Session.** Saskatoon.
4. March 23, 2020. Sunday. Training Ride. 6 pm. **Indoor Fieldhouse Ride.** (time subject to availability).
5. April 4, 2020. **Road training session.** Saskatoon. Morning, afternoon options. Session attendance based upon athlete experience level.
6. April 5, 2020. PCP -**Gone with the wind training session.** Saskatoon. Athletes ride with the wind, Van brings home. Fun, free speed. Lessons to be learned -technical/tactical session included.
7. **Easter Spring Road Camp.** Location: St. George/ Hurricane, Utah. Dates April 9-19, 2020. Accommodation booked. Athletes choosing to fly into Las Vegas rather than drive down with SCA Van can be accommodated, however discuss with RD logistics before booking flight. Road camp will be happening at same time and location as MTB camp. Accommodations will be shared. SCA trailer can accommodate more than one athlete bike. Camp Objective: prep for Hayman classic.
8. **Provincial Race Series weekends.** (4 weekends – 10 races within events). Purpose: CV Conditioning & Race technical & tactical practice. PCP support will be at Prov. races provided no out of province project conflict. SCA website hosts race calendar. Info on each race on the host club’s website. Recon and race support before, during, and after available to PCP athletes.
 - a. May 2 & 3. Saturday, Sunday. Sask Cup #1. Road-**Spring Classic.** Buffalo Pound & MJ area. Hill Climb, TT & RR. Training Race.
 - b. May 30 & 31. Saturday, Sunday. Sask Cup #2. Road-**Tour de Sask.** Saskatoon & area.

- c. July 11 & 12. Saturday, Sunday. 40 k ITT Provincials & **Criterion Provincial Championships**. Saskatoon, 40 k TT optional for < 16 years of age participants, Criterion participation recommended for all youth.
 - d. July 25 & 26. Saturday, Sunday. **15 k ITT & EQC Valley Vertical Road Race**. Esterhazy & Round lake area. Bird Point start/finish for RR. All youth recommended.
9. **In-Province Road Sessions**. Saturday May 16. Race drills/skills & tactics. 9am-12 pm. Saskatoon. Sunday May 17. Race drills/skills & Tactics. 9am-12 pm. Jr. Race Prep. Confirm attendance.
10. **In-Province day projects**. A Qu'Appelle valley training day, Waskesiu south highway training day, Blackstrap training ride day, Lumsden valley training day. Confirm interest to confirm event. Tentative plan: athletes travel in SCA Van (or on own) in the am to ride destination, ride and practice skills and tactics, return to pick up location in pm. Express interest to provincial coach to learn date suggestions.
11. **Local Project options:**
- a. Attend a **local Tuesday night club race** or appropriate ride in your city. Discuss with Prov or Local coach before attending first time. Positive experience, the priority. Follow-up post event. Objective: Race Experience.
 - b. **Intro to road cycling/ interval training Thursday's in the spring in Saskatoon**. Hosted by Bruce Craven and Road Cycling associates. Contact Russ Down to participate.
 - c. **Intro to Road Cycling Skills and Tactics sessions in Regina**. Note: these events organized on short notice on a weeknight in Regina on the service roads. Contact Russ Down to participate.
12. **Out of Province Racing**.
- a. May 22, 23, 24. Racing Friday, Saturday, Sunday. **Hayman Classic Jr Stage Race** -Ability level racing for youth. Penticton.
 - i. Tentative Travel Details from SK: Wednesday, May 20 Travel to Lake Louise Hi-Hostel. May 21 Travel to Oliver/Penticton accommodation. May 25 return to Lake Louise. Tuesday, May 26 return to Sask. Tentative Plan. Priority Event.
 - ii. Note: Cycling Canada often places a prospect camp on the Monday the 25th. Completed ~ 3pm (nothing announced as of Feb 4, 2020 but heads up).
 - b. June 13-14. Racing Saturday, Sunday. **Rundle Mountain Road Festival**. Rundle Mountain Cycle Club. Crit/Road/RSR/Hill. (Note: 1 Road & 1 MTN Bike event both occurring this weekend). Confirm Interest with Prov. Head Coach. Accommodations in Canmore currently limited. Two 6 person kitchenettes have been tentatively booked June 12 & 13 at Canadian Rockies Chalets. Group or Individuals travel & accommodation to be discussed. If you are traveling in SCA van to event best to find an accommodation near or in Canadian Rockies Chalets.
 - c. August 1-3. Saturday-Monday racing. **Tour de Bowness**. Calgary. Excellent race experience opportunity. Provincial Head Coach unavailable. A recommended individual athlete event.
 - d. Sept 12. Road Race. **DV 100**. Drayton Valley. Alberta. Project under review.

Canadian Road Race Championships. June 26-29. Confirm with Prov Head Coach your planned attendance and/or appropriateness of attending this year.

International Racing Possibilities. Projects under review.

- a. June 18-28. **Tour of America's Dairyland (TOAD)**. Road Criterion stage race. Excellent for bike handling skill development. Each day there is a race in small town Wisconsin. As Canadians we are able to move back and forth in the categories each race to match our athlete's abilities. Team Sask attended in 2019. Youth racers have a series in the middle of event. Note: Event conflicts with Canadian Road Champs. Manitoba will be in attendance in 2020 @TOAD. SK

undecided as of Feb 2020. Athletes interested discuss with SCA Provincial Head Coach. Excellent learning opportunity. We have access to dorm accommodations in a local College. Projects under review.

- b. July 17-26. **Intelligentsia Cup**. Road Crit Stage Race. Chicago area. Similar to TOAD. Same organizers. Similar format. Projects under review.
- c. August 13-19. Jr. Road Stage Race. Team spot/Team Invitation required. Racing Thursday - Wednesday. **Abatibi**. Quebec. Note: Must be a Jr racer, priority event, would work with athlete to find guest status with a team.
- d. **B.C. Superweek. July 10-19, 2020**. For Cat 1-2 racers. Requires a guest invite to a team. Very high competition. No project planned. If interested contact Prov Head Coach.
- e. Sept 9. 2020 **UCI Gran Fondo World Championships**. Whistler/Vancouver. Excellent Road Skill/ drafting day. > 1600 participants on closed Sea to sky highway between Whistler & Vancouver. Inquire if interested, no formal project. Athletes encouraged to attend on own if convenient.

Additional services available to PCP- Performance athletes.

- Training Peaks Account.
- 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 subsidized team is not sent.