



**2020**  
**SCA PERFORMANCE CYCLING PROGRAM**

# Saskatchewan Cycling Association (SCA) 2020 Performance Cycling Program (PCP) Overview.

(living document)

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**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.

**PCP Pillars:**

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

**Start Date.**

This document is for the 2020 Racing Season. The 2020 season starts mid November and ends in October. New athletes may join Team Sask at any point in the season provided they meet 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 to be a part of “Team Sask” and represent SK at National and International events.
- 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 2020 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 2020 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". In the case of BMX, a development athlete may be 11 years or older due to the nature of the sport.

### 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 14 years of age or older by Dec 31 of the race calendar year (Example 2020 season, age 14 by Dec 31, 2020).

### 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)
<b>Elite (23+)</b>	3.8	4.5
<b>Espoir (19-22)</b>	3.4	4.0
<b>Junior (17-18)</b>	3.1	3.5
<b>Cadet (15-16)</b>	2.8	3.1

- BMX athletes will not be required to meet the aerobic power standard but rather, if testing equipment available, meet a 30 second Anaerobic Wingate Test standard to measuring their peak anaerobic power and anaerobic capacity (watts/kg). 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 too 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

<b>Discipline</b>	<b>Event</b>	<b>Gender</b>	<b>Age</b>	<b>Minimum Competitive Standard</b>
<b>Road</b>	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.
<b>MTB</b>	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.
<b>Cyclocross</b>	National - cyclocross	Both	All	Finish within 10% of winning time for your age category.
<b>BMX</b>	Nationals	Both	All	Finish within top 20% based upon placing or receive a World's qualification.
	Alberta Grands			Finish within top 20% based on placing.
	Other Event			To be discussed with BMX coaches.
<b>Track</b>	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.

**2020 PCP Goals:**

- Build a provincial sport program that becomes top tier amongst the family of Sask Sport funded provincial sport programs.
- Build a provincial program 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 2020 season.
- Attend locally organized club races and events whenever conducive with athlete training goals.
- 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.



## **Athlete Assistance for SCA Performance Cycling Program Members 2020**

Athletes who are enrolled into the PCP will be eligible to apply for athlete assistance to help cover costs of training and competitions in the 2020 season. Deadline to apply will be **April 1, 2020**. 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, 2020).

## **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 2020**

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 2020 to facilitate a strong continued relationship between the PCP athletes and the SCA itself.

In 2020 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.
- How do you plan to contribute?
- Commissairing is a paid position but is accepted for contributing. Courses start this March. Contact Sarah at SCA office for more info. Next course below.

### **Road Commissaire “C” Course**

March 15 @ 9:30 am - 4:00 pm CST

510 Cynthia St Saskatoon, Saskatchewan S7L 7K7 Canada

Cost: CAD \$20. Get paid during season.

The Road Commissaire ‘C’ course is a one day introduction to officiating in the road discipline.

Becoming a cycling commissaire is an excellent way for racers and enthusiasts to gain a deeper understanding of cycling and broaden their involvement in the sport they love. As a commissaire, you are able to represent Saskatchewan Cycling as a trained professional to ensure fair and safe competition. There are opportunities for paid travel and advancement from provincial to national and international certification.

While many course participants will go on to train under the supervision of an experienced national commissaire, others might choose to take the course simply to augment their knowledge of the sport and to develop as a coach, team manager, or race organizer. All are welcome!

Prospective commissaires should be computer-literate in order to complete administration functions and interact with race technology. Strong communication skills are needed in order to enable prompt exchanges, provide clear instructions and give honest feedback.

In order to complete your Commissaire Course you must work under an experienced Commissaire as a TA. The event that is targeted for this is TBA.

Instructor: Karen Cranston

RSVP to Saskatchewan Cycling, [sarah@saskcycling.ca](mailto:sarah@saskcycling.ca) by March 6th

### **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 2020 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 2021 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.

Coaches event calendar can be found online. It includes all highlighted events from all three disciplines in a monthly calendar format

**Road path, MTB path, BMX path** documents follow.

- PCP development athletes are encouraged to participate in an event from a second discipline at some point in their year. Familiarize yourself with all PCP athlete cycling discipline calendars. When possible, cheer your fellow PCP cycling teammates on from all disciplines. Excellence is excellence. Team Sask, is team Sask.

## SCA-PCP 2020 Road 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:

- 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 1, 2020.

Events are subject to change based upon athlete and project leader availability. Due to budget constraints not all events identified can be subsidized as team projects. Some have been included for athlete education purposes as athletes are able to attend as individuals. 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. Nominal Fee w payment opportunity at races.
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 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 25<sup>th</sup>. Completed ~ 3pm (nothing announced as of Feb 1, 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. First come first serve. 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. **Tour De Beace**, June 17-21. Saint Georges, Qc. Need race invite, team guest rider status and Cat 2 + license.
- d. August 1-3. Saturday-Monday racing. **Tour de Bowness.** Calgary. Excellent race experience opportunity. Provincial Head Coach unavailable. A recommended individual athlete event.
- e. 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 Criterium 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.



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

### 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 represent Saskatchewan.

### 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.

- 13. Strength & Conditioning + Correctives.** January – April. Craven Sport Services in Saskatoon. Russ Down by appointment in Regina. Ongoing.
- 14. Observe there is a Canada Cup XCO Race Bear Mountain March each year. In 2020 it is March 28.** 1<sup>st</sup> Canadian Race of season. Consider a target for 2021/22. Express interest to Prov head coach. Prepared athletes wanted.
- 15. 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.
- 16. 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.
  - Sunday, May 10. XCO. Sask Cup#1. Wascana Challenge. ORS. Wascana Trails (near Lumsden).
  - Sunday May 24. XCO. Sask Cup#2. Antelope Bonker – Swift Current. (Hayman Classic Road event Penticton is at same time).
  - Sunday June 7. XCO. Sask Cup #3. Granny Twister. Esterhazy.
    - (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.
  - Sunday June 28. XCO. Sask Cup #4. Rock n Road. P.A. (history of cash prizes)
  - Sunday July 19. XCO. Sask Cup #5. Blackstrap Biter. Blackstrap Prov Park. Near Saskatoon. NBR & BCW clubs
- 17. 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.
- 18. Local Club Enduro's.** MJ Pavers. One event in Spring and one event in fall date tbd by Matt Froelich, Moose Jaw Pavers, organizer.
- 19. MTB XCO Canadian Championships.** July 11-12, Oro Station, Ontario.
- 20. August 11-21. Mountain Bike Racing and Training Project in Squamish BC area.** 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<sup>th</sup> 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.
- 21. Sunday Aug 23. XCO Provincial Championships.** 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.

## SCA-PCP 2020 BMX 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 BMX Calendar, 2020 Opportunities.

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

22. **Strength & Conditioning + Correctives.** January – April. Craven Sport Services in Saskatoon. Russ Down by appointment in Regina. Ongoing.
23. **February 21,22 Performance Camp, Olds, Alberta.** 5 males, 5 females max. Bring skills home.
24. **Provincial Race Series.**
25. **Alberta Race Series**
26. **Performance camp July 27, 2020. Saskatoon. SCA Prov Coach & OTB Coach Kiran Kowa.**
27. **Canadian Championships**

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

- Training Peaks Training/Coaching Option. Fitness Development.
- Group Nutrition Counselling Session.
- Group Mental Training Session.
- Prov Coach consultation and/or resource finding.
- 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.
- BMX athletes are recommended to learn to train on rollers in the winter on their BMX bike. 3 x per week and participate in appropriate cross training sports. Coach Kowa reports BMX pro's training on road bikes in the offseason for cardio and interval sprinting. Ask Coach Russ about an interval training program indoors on your BMX bike.

### Note:

- Please refer to Provincial Head Coaches 2020 Calendar for **target events for all disciplines**. Organized according to date
- BMX parents and athletes are to become familiar with the Canadian BMX LTAD and how to progress their BMX athlete to the sport described as "Performance -BMX" in the LTAD, which begins at approximately age 13.

**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 in Performance Level athletes)

- 20 min Time Trial Testing
- 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:

- BMX athletes indoor intensity training on rollers recommended 3 x /wk. Common workout: warm up followed by 7 x 10-45 sec intervals and cool down. Total Time 45 min – 1 hour depending on energy system target. Ask Prov coach for more info.
- Rollers and smart trainers useful for all discipline.
- 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:

Russell Down  
Provincial Head Coach  
Saskatchewan Cycling Association.  
2205 Victoria Avenue  
Regina, Saskatchewan  
Canada  
S4P 0S4

Email: [russelldown@icloud.com](mailto:russelldown@icloud.com)

Phone Number: 306 539 6904