



PROGRAM CRITERIA 2007 SELECTION



TABLE OF CONTENT

1. SELECTION PROGRAM OVERVIEW
2. SELECTION COACHING STRUCTURE
3. IMPORTANT CONSIDERATIONS
4. PAYMENT POLICY
5. 2006 SELECTION PROGRAM BY PROJECT
 - 5.1. Bromont Canada Cup
 - 5.2. Tour de l'Abitibi
 - 5.3. National Road Championships - Beauce, QC
 - 5.4. National Junior Track Championships - Bromont, QC
 - 5.5. Tour du PEI
 - 5.6. Tour du Saguenay Espoir
6. APPENDIX A - Cost and logistics
7. APPENDIX B - Athlete's code of conduct



1. SELECTION PROGRAM OVERVIEW

The National Cycling Centre - Atlantic Canada's Selection program is a key element for the development of our cyclists. The program is designed by the management committee, the Head Coach and the assistant coaches of the Centre.

In order to respond to the lack of project opportunity and exposure to major events for Atlantic cyclists, this Selection, not intended to replace any club or provincial team, will attend, on a project basis, different major events to give an opportunity to the athlete to further develop according to his or her personal goals and the Long Term Athletes Development Model of the Canadian Cycling Association.

Its primary objective is to ensure Atlantic Canada's deserving cyclists have the opportunity to develop and to demonstrate their potential during high level events.

The rules of participation in such major events are defined by sport organisations such as the Union Cycliste International (UCI) and the Canadian Cycling Association (CCA). The Selection program must address those rules. In addition, in order to ensure continued performance and considering the length of time it takes to develop competitive athletes, the Selection program is planned over a long term period and resources must be spread over the development of our athletes towards the National Team.

Furthermore, the National Cycling Centre - Atlantic Canada will be in constant negotiation with different partners in order to ensure the best resources possible to this Selection program. The long-term objective is without a doubt, a full cooperation of the four provincial cycling associations of Atlantic Canada.

1.1. Development vs. progression

The Selection program includes two major components: the program for development athletes aiming for the National Team, and the program for athletes in their progression stage of the Elite (and provincial tier) program of the National Cycling Centre - Atlantic Canada. This progression component is just as important in order to ensure that a second tier of athletes is constantly being developed. This component of the Selection program should produce excellent results, mainly on Canada Games athletes for whom there were basically no existing programs in the past to guarantee their development in years one, two and three.

This program will be on an invitational basis and must correspond to the deserving athlete's realistic goals. The opportunity to preserve or improve its Gold (A or B), Silver, Bronze, and/or Provincial ranking of the Centre's Elite program must also be taken into consideration.

2. TEAM SUPPORT

The riders of the Selection of the National Cycling Centre - Atlantic Canada will benefit of a non-precedent support at this level of competition. All the projects will be professionally planned by the Centre and managed by a qualified and selected staff. Each project will benefit of a minimum of a Directeur sportif as well as from all the available resources of the Centre. In needed times, a mechanic will be part of the project along with a soigneur (especially during stage races)¹. The project staff will be selected by the head coach and approved by the management committee of the Centre. The discipline and experience of the cyclists as well as the level of competition will be an intricate part of the selection of the staff. Starting in 2004, some staff will be selected by the Atlantic Coaching Experience Program.

This structure follows the orientation of the National Centre that also wants to help in the development of coaches in the Atlantic Provinces. We believe that the selected Coaches have the expertise and competence to train athletes and it is also good to note the Centre will always be there to help them.

As for personal preparation, athletes have the option to work with personal coaches other than the Centre's or National Team coaching structure. This means that the National Development Cycling Centre - Atlantic Canada does not impose a specific coach to an athlete. The Centre welcomes such initiatives because of the benefits both to the athletes and in the development of coaches. It is important to keep in mind that the Selection is made up of invited individuals who operate at different levels in different disciplines. It is the responsibility of the Centre's coaches to be open and flexible when dealing with what each individual needs to succeed. It can be very rewarding for an athlete to work with a personal coach, as long as there is open communication with the Centre coaching staff. However, at all Selection projects, the Centre Coaching Staff is in charge.

3. IMPORTANT CONSIDERATIONS:

- Selection projects are conditional on available resources.
- The number of athletes identified for each project constitutes a maximum number. The Centre may reduce this number if an athlete or some athletes named for the project demonstrate an inadequate competitive ability to maintain their status within the Selection.
- The Centre is entitled to replace an athlete or to cancel or change a project if it judges that the athlete will not benefit from the project, if the Selection is weakened having this athlete or if the project will not benefit the Selection program.
- The "invitations" are based primarily on results and it must take into consideration the overall Selection objectives and the participation of the athlete into the Elite / Provincial Tiers. Based on his/her professional expertise, the Coach makes recommendations to the Management Committee for discussion and approval, therefore, when approved it is a "committee's choice". The use of one or other terminology is appropriate.

4. PAYMENT POLICY:

- ⌘ For each project, down payment must be presented at the Centre prior to June 1st . With those down payments, we will be able to secure the project for the season.
- ⌘ Upon selection, final payment will have to be delivered to the Centre at minimum 5 days before departure. Second payment could be adjusted if total price of the project changed.
- ⌘ If an athlete who made a down payment is not selected, he/she will be reimbursed. For injured athletes (or other considerable reasons), the Centre will also reimburse the down payment. Athletes simply deciding not to be part of the project for no apparent reason will not be reimbursed.
- ⌘ Payment schedule will be as follow (preferably, payments will be made by cheques):
 - 40% before June 1st.
 - 60% 5 days prior to the project.

5. 2007 ATLANTIC CYCLING CENTRE SELECTION PROGRAM, BY EVENT

Note: In the following pages, you will find the 2007 program for the Selection. This is the planned program; there may be some changes, additions or cuts when the Centre establishes all its resources. The final decision is up to the Management Committee of the National Cycling Centre - Atlantic Canada. Atlantic Canada being such a big region, it is the responsibility every potential rider to contact the Head Coach of the National Cycling Centre - Atlantic Canada to show interest towards the selection program.

5.1. BROMONT CANADA CUP

5.1.1. General description:

The Bromont Canada Cup (cross country) project is CCA sanctioned and is opened for 2007 licence holders in the junior men and women category. For this project, we will bring a team composed of 5 (one vehicle) or 10 (two vehicle), one (1) directeur sportif, and one (1) mechanic (if we have a second vehicle). The number of riders will be flexible from one category to another.

The main objective of participating at the Bromont Canada Cup (cross country) project is to offer an opportunity to junior riders to be exposed to a higher level of racing and serve as talent ID.

This project is on an invitation basis. The numbers of cyclists is not limited by organization; however, the Centre will choose to limit the numbers of riders it will send (5 or 10). Priority will be given to the development athletes whose goals and racing schedules will be able to accommodate the event. Riders part of the provincial tier will be a priority.

To do so, the Centre will take under consideration, in addition to results and participation to Centre activities, the progression, the dedication as well the objectives of the rider. Furthermore, in order to ensure a good development follow up and the level of the riders, the objective of this project will be to assist rider get further experience.

Dates: May 19th, 2007.
We should leave on May 17th from Dieppe, NB.

Specific preparation: No specific camp will be held to prepare this event.

5.2. TOUR DE L'ABITIBI

5.2.1. General description:

The Tour de l'Abitibi is a cycling stage race reserved for 2007 amateur licence holders of the Canadian Cycling Association, the United States Cycling Federation, or by other federations recognized by the U.C.I. This event is on invitation only and is opened to teams composed of six (6) junior riders, one (1) directeur sportif, one (1) mechanic, and one (1) soigneur. The Tour de l'Abitibi is part of the world junior circuit, the distances and level are therefore very elevated.

The main objective of a participation at the Tour de l'Abitibi is to offer an opportunity to the riders having the possibility to assimilate such volume to race with some of the best juniors in the world and to demonstrate their capacity.

Due to the restraint number of possible riders (6), this project will be on an invitation basis.

To do so, the Centre will take under consideration, in addition to the capacity to assimilate such volume based on 8 stages in 6 days (more than 600km), the progression, as well the objective of the rider. Furthermore, in order to ensure a good development follow up and the level of the riders, the objective will be to have a logical mix of first and second year riders. The first years would be selected based on the improvement of the results for 2005 and the second year riders to transfer their experience to the younger cyclists.

Dates: July 16 to 22, 2007.
We should leave on July 14th from Dieppe, NB.

Specific preparation: Due to the unique character of this event, the athletes will be invited to a specific preparation camp that will take place in Dieppe (dates to be established). The cyclists will have the opportunity to ride at high speed for long period of time. The Caisse populaire Velodrome will serve a tool for this camp. We will also use the National Road championships and the National Track Championships as preparation for this project.

5.3. ROAD NATIONAL CHAMPIONSHIPS - BEAUCE, QC

5.3.1. General description

In order to remedy the lack of presence of the Atlantic Provinces at these championships, the Atlantic Centre could send certain riders as a development/performance (for national team selection) project (<http://www.canadiancycling.ca/roadnationals/>). A directeur sportif, an assistant, a manager and other staff (according to the number of riders) will accompany the Selection at these projects.

The goal of participation in these projects is to offer the opportunity for development of athletes and the possibility of developing themselves at their level and to develop their qualities. The other goal is to secure spots on the national team for potential riders.

This project is on an invitation basis. The numbers of cyclists is not limited by organisation; however, it is possible that the Centre will choose to limit the numbers of riders it will send. Priority will be given to the development athletes whose goals and racing schedules will be able to accommodate the event.

This year, the group will be divided into two parts: a development team and an elite team will have their respective staffs.

The Centre will also take into account the progression, as well as the development of the rider. Furthermore, in order to assure a proper follow-up of the development and level of the athletes, as many development riders as progression will have the chance to participate in these events wearing the Centre's colours.

Dates: July 4th to 10th, 2007
Departure date will be July 2nd from Dieppe (and a second vehicle from Halifax). For elite riders, a vehicle will come back to Dieppe immediately after road nationals and for juniors, another vehicle will head to Bromont for Track nationals.

Specific preparation: No specific camp will be held to prepare this event.

5.4. NATIONAL JUNIOR TRACK CHAMPIONSHIPS - BROMONT, QC

5.4.1. General description

The 2006 Junior Track National Championships will take place in Bromont, QC, from July 7th to 9th. These Championships, all categories, will regroup many events. A directeur sportif and a mechanic will accompany the Selection on this project.

The main objective of this project would be to offer an opportunity to the cyclists to show their abilities as well as to develop their qualities while learning more about this new discipline.

This project will be on an invitation basis. The number of riders not being limited by the organisation, it is possible that the Centre would restrict the number of invitation if it cannot answer the large demand. The priority will be given to riders at the development and progression stage to whom this event corresponds to their objective and racing calendar.

Dates: July 12 to 15, 2006.
Departure will be from Beauce on Monday, July 9th. This project will be combined to Road Nationals

Specific preparation: A special preparation camp will take place on the Caisse populaire Dieppe Velodrome (June 2nd and 3rd).

5.5. TOUR DU PEI

5.5.1. General description:

The Tour du PEI (<http://www.tourpei.com>) is reserved for 2007 licence holders of the Canadian Cycling Association, the United States Cycling Federation, or by other federations recognized by the U.C.I. This event is on invitation only and is opened to teams composed of four (4) to six (6) Elite (Women) riders, one (1) directeur sportif, one (1) mechanic and one (1) soigneur.

The main objective of a participation at the Tour du PEI is to offer an opportunity to the riders having the possibility to assimilate such volume to race with some of the best in the world and to demonstrate their capacity.

Due to the restraint number of possible riders (4 to 6), this project will be on an invitation basis.

To do so, the Centre will take under consideration, in addition to the capacity to assimilate such volume, the progression, as well the objective of the rider. Furthermore, in order to ensure a good development follow up and the level of the riders, the objective of this project will be to assist rider to get to the National team (even if the Montreal-Quebec Classic is not part of the selection process).

Dates: June 10th to 14th, 2007.
We should leave on June 9th from Dieppe, NB.

Specific preparation: To be determined.

5.6. TOUR DU SAGUENAY ESPOIR

5.6.1. General description:

The Tour du Saguenay Espoir project is sanctioned and is opened for 2007 licence holders in the cadet and junior women and cadet men. For this project, we will bring a team composed of mainly cadet men and junior women, with the possibility of some cadet women, one (1) directeur sportif, and one (1) mechanic. The number of riders will be flexible from one category to another.

The main objective of participating at the Tour du Saguenay Espoir project is to offer an opportunity to young riders to be exposed to a higher level of racing and serve as talent ID.

This project is on an invitation basis. The numbers of cyclists is not limited by organization; however, the Centre will choose to limit the numbers of riders it will send (5 or 10). Priority will be given to the development athletes whose goals and racing schedules will be able to accommodate the event. Riders part of the provincial tier or Peter Wedge program will be a priority.

To do so, the Centre will take under consideration, in addition to results and participation to Centre activities, the progression, the dedication as well the objectives of the rider. Furthermore, in order to ensure a good development follow up and the level of the riders, the objective of this project will be to assist rider get further experience.

Dates: July 26th to 30th, 2007.
We should leave on July 25th from Dieppe, NB.

Specific preparation: To be determined.

APPENDIX A - COSTS AND LOGISTICS

PROJECT	LOGISTICS	COST	COMBINED WITH
Bromont Canada Cup (Cross Country) <ul style="list-style-type: none"> • 5 or 10 Junior riders (men and women) • 1 directeur sportif • 1 mechanic (if we send 10 riders) 	<ul style="list-style-type: none"> • Departure will be from Dieppe on the 17th. • We will be lodged at Hotel du Nord (condo) • The return will be immediately after the conclusion of the events • 1 or 2 vehicle will be used for this project. 	<ul style="list-style-type: none"> • Projected* cost for this complete project will be determined shortly • The costs of the lodging, vehicle, and registration are included. 	
Tour de l'Abitibi <ul style="list-style-type: none"> • 6 junior men • 1 directeur sportif • 1 soigneur • 1 mechanic 	<ul style="list-style-type: none"> • Departure from Dieppe on the 14 • Riders will be lodged and nourished by the organisation (in school). • The return will be on the 23rd and 24th (we will stay in Montreal on the way back) • 2 vehicles will be used for this project. 	<ul style="list-style-type: none"> • Projected* cost for this complete project will be 1200\$ • The costs of the preparation camp, lodging, travelling, registration and food (during the stay in Abitibi) are included. 	<ul style="list-style-type: none"> • Road and Track National Championships
National Road Championship (Beauce) <ul style="list-style-type: none"> • 16 riders maximum - Junior (men and women), Espoir and elite (men and women) • 2 directeurs sportifs (elite group and development group) • 1 mechanic • 1 manager 	<ul style="list-style-type: none"> • Departure will be from Dieppe and Halifax on the 2nd for the juniors (and later for the elite; more then likely on the 5th) • Lodging location to be determined • The return will be immediately after the conclusion of the events (for riders combining with Junior Track Nationals, we will be driving to Bromont) • 2 or 3 vehicle will be used for this project. 	<ul style="list-style-type: none"> • Projected* cost for this complete project will be determined shortly (this is an average cost to be adapted according to duration of individual stay). • The costs of the lodging, vehicle, and registration are included. 	<ul style="list-style-type: none"> • National Junior Track Championships • Tour de l'Abitibi

<p>National Junior Track Championship (Bromont)</p> <ul style="list-style-type: none"> • 8 riders maximum - Junior (men and women) • 1 directeur sportif • 1 mechanic <p>Project to be confirmed if we have enough demand.</p>	<ul style="list-style-type: none"> • Departure from Beauce on the 9th. • Still to confirmed from organisation where the riders will be lodged • After the event, we will be driving back to Atlantic Canada • 1 or 2 vehicles will be used for this project. 	<ul style="list-style-type: none"> • Projected* cost for this complete project can not be established as we do not have enough information from the organization yet. • The costs of the lodging, vehicle, and registration are included. 	<ul style="list-style-type: none"> • Road Nationals • Tour de l'Abitibi (Junior men)
<p>Tour du PEI</p> <ul style="list-style-type: none"> • 4 to 6 women riders mandatory • 1 directeur sportif • 1 mechanic • 1 soigneur 	<ul style="list-style-type: none"> • Departure from Dieppe on the 9th. • Riders will be lodged by the organisation • The return will immediately after the conclusion of the events. • 2 vehicles will be used for this project. 	<ul style="list-style-type: none"> • Exact cost to be determined shortly • The costs of the lodging, travelling, and registration are included. 	
<p>Tour du Saguenay Espoir</p> <ul style="list-style-type: none"> • 5 or 10 riders • 1 directeur sportif • 1 assistant 	<ul style="list-style-type: none"> • Departure from Dieppe on the 25th. • Riders will be lodged (exact location to be determined) • The return will immediately after the conclusion of the events. • 1 or 2 vehicles will be used for this project. 	<ul style="list-style-type: none"> • Projected* cost for this complete project can not be established as we do not have enough information from the organization yet. • The costs of the lodging, and travelling are included. 	

* *The National Cycling Centre - Atlantic Canada does not have a specific grant for such program. Many opportunities are open to the participants to fund their project. The Centre staff is ready to help the athlete in those terms.*

APPENDIX B - ATHLETE'S CODE OF CONDUCT



**NATIONAL CYCLING CENTER -
ATLANTIC CANADA**
Selection program
Conduct and Obligations Policy

1.0 CONDUCT

I. Preamble:

Where as athletes who are invited to the National Cycling Centre – Atlantic Canada, it is recognized that they exhibit appropriate standards of behaviour, attitude and acceptance of responsibility.

II. Policies and Regulations applicable to all athletes and their surroundings in the Selection program of the Centre:

1. Use of Alcohol and Illegal Drugs:

- (a) Any athlete who uses alcohol or illegal substances and/or drugs while attending any project will be dismissed immediately from the Selection.
- (b) Any athlete who is responsible for obtaining or supplying alcohol or illegal drugs to others will be dismissed immediately from the Selection.

2. Use of Inappropriate Language:

- (a) Athletes are to remain aware of the use of proper language at all times. Inappropriate language will not be tolerated. On first offence, the athlete will be warned; should the problem persist, the athlete will be referred to the management committee for further disciplinary action.

3. Vandalism:

- (a) Athletes who wilfully cause property damage at any time while on any project will be responsible for payment of all damages. In the event that an athlete cannot pay for these damages himself or herself, his or her parents will be held responsible.

4. Social Behaviour:

- (a) Athletes involved with the Selection program will act in accordance with generally accepted standards of social and moral

behaviour.

- (b) While on project, athletes are to stay with the Selection at all times, unless specific permission to be absent for a time is granted by the Selection coach. This pertains to overnight or other extended absences. Athletes are advised that such permission will be granted only in consultation with the athletes' parents and only after those parents so request in writing before the trip begins.
- (c) Should team members wish to leave the Selection base for a short time (for shopping, visiting or other similar activities), they must inform the Selection coach.
- (d) Selection members are encouraged to participate in planned social functions while on team trips and while attending team camps
- (e) All Selection members must abide by rules concerning curfew and accept that room checks will be routine while on project.
- (f) The Selection while on project will make rooming arrangements for athletes.
- (g) Athletes are required to dress appropriately at all times while traveling on public transport and at formal social functions. "Appropriately" will be defined by the coach in consideration of the nature of the specific event. Once again it is stressed here that all rules outlined above apply at all times during the complete project.

2.0 OBLIGATIONS

1. Athletes are responsible for obtaining their own CCA Racing license each year. These licenses must be purchased each year in advance of the competitive season.
2. During these projects, athletes must understand they are representing the National Cycling Centre – Atlantic Canada and its sponsors. All participants will have to wear the Centre's official clothing in due time and situation. As stated in the UCI regulations, athletes will be allowed to wear their club/team or provincial shorts. Athletes wishing to put the club or provincial logo / flag on their jersey will be permitted to do so within the following guidelines:
 - i. 25cm² maximum
 - ii. right had side (same position and format as Louis Garneau logo, but on the other side).

The only exception to the rule will be for Trade Team / contracted riders in the case of individual events (cyclo-cross, mountain bike).

3. Athletes must attend preparation camps that are so designated by the coach, unless they are specifically excused from so doing by the coach.

4. Athletes assume responsibility to inform the head coach or of any injuries or illnesses that will affect his performance. This notice should be given prior to the event and, whenever possible supported by doctor's note.
5. Athletes will follow safety regulations at all times while on team trips and at camps. Specifically, these regulations include:
 - (a) Athletes will not drive Selection vehicles unless specifically authorized to do so by the coach;
 - (b) Athletes must use seat belts at all times while in team vehicles
 - (c) Athletes are required to wear appropriate safety equipment when engaged in training. It is highly recommended that they do so at all times while training.
 - (d) Athletes are responsible for the proper care and maintenance of their own equipment before they show up to a project. If a project mechanic is present, he will then become responsible for the equipment.

3.0 DISCIPLINE

1. The project Coach is the person responsible for any initial disciplinary action. He or she receives this authority from the Management committee.
2. Subsequent disciplinary actions will be the responsibility of the Management Committee.
3. Acting on this authority, the Coach may recommend that:
 - a) The athlete in question be suspended from the project.
 - b) The athlete in question be suspended from the program.
 - c) In the event that a serious disciplinary breach occur while on a Selection project, the offending athlete will be sent home at once, at his or her own expense.
4. The Coach will inform the Management Committee of his or her disciplinary action and that Committee, in consultation with the coach and the offending athlete, will determine the extent of the disciplinary action.

Revised and redrafted on April 7, 2004, by the Management Committee of the National Cycling Centre – Atlantic Canada

4.0 SIGNATURE

Athlete's signature

Date

Parent's or Guardian's signature

Date