



Southwestern Cycling Centre of Ontario

PO Box 35021
Grand Marais Station
Windsor, Ontario, Canada
N9E 4V0

Southwestern Cycling Centre of Ontario High Performance Camp: Ontario Summer Games Preparation (Road, MTB and Triathlon)

Wednesday June 29, 2016-Monday July 4, 2016
Windsor-Essex, Ontario

The Southwestern Cycling Centre of Ontario is pleased to announce that a High Performance Camp will be held for athletes preparing for the 2016 Ontario Summer Games. The High Performance Camp is a cycling training camp for athletes preparing for the 2016 Ontario Summer Games to be held in Mississauga August 11-14, 2016. Camp is geared to MTB, Road and Triathlon competitors identified as OSG participants. The camp will accept applications from athletes from the region and may consider advanced youth athletes not competing in the OSG.

The High Performance Camp will focus on starting the mesocycle training prior to the Ontario Summer Games. The 6 day camp is scheduled to allow athletes to travel from home easily while providing a series of events to learn, prepare and train without the additional expenses of attending a camp in a remote area. The purpose of this camp is to provide athletes with multi-day training opportunity under the direction of a NCCP Competition Development cycling coach.

Athletes accepted for the High Performance Camp will not be required to pay camp fees for the 6 days of training. However, there is a scheduled local event strongly recommended for athletes to compete (but not compulsory), which requires registration: The Ciociaro Thursday Race Series on June 30 (\$0, <http://ciociarocyclingclub.com/>) requires pre-registration and requires OCA or UCI licencing. It is also recommended that athletes participate in the July 5 Farm Dog Cycles ITT (\$10, <http://farmdogcycles.com>) on Tuesday after the completion of the camp.

Athletes will be required to bring their own nutrition everyday to camp according to the nutrition plan discussed on the first night of camp. Parents are expected to perform various volunteer duties that are necessary to help make the camp a success and allow the Southwestern Cycling Centre of Ontario to offer the camp at no cost to athletes.

Camp will develop and refine basic cycling skills, nutrition, in-competition mechanical skills and preparation for the games including mesocycle training plan refinement. Triathletes requiring Triathlon Ontario Drafting Card certification will receive an evaluation form on successful completion of camp.

Phone
519.560.1978

Web
southwesterncyclingcentre.ca

Event Schedule and Locations:

Wednesday June 29 5:00-9:00 (Sandwich West Park Track)
Registration and paperwork, introductions, equipment check and pre-race (and pre-ride) checklists, camp expectations, LTAD session, light group ride and skills assessment, and nutrition. Parents receive EAP and will be required to complete paperwork.

Thursday June 30 4:30-9:00 (Ciociaro Club Cycling Track)
Race-day preparation workshop, active engagement race warm-up techniques, race planning and procedures, OSG planning and preparation (after race).
Ciociaro Track 'C' race at 6:00pm.

Friday July 1 5:00-9:00 (Ford Test Track)
Race skills and drills, VO²Max day and lactate threshold assessment. Information session on team affiliation, provincial and international licencing, and triathlon drafting card certification requirements.

Saturday July 2 9:00-2:00 (Malden Park Main Entrance)
Strength and conditioning. Riders will need cx/xc tires or bikes but mtb is preferred and optimal to work on mtb skills. Ride will be conducted on Herb Grey Parkway (pavement) and in Malden Park (crushed gravel trials and mixed single-track). Discussion and demonstration of S&C exercises and stretches.

Sunday July 3 9:00-2:00 (Malden Park Main Entrance)
Group riding skills and recovery day 3 hour ride. Group ride on Herb Grey Parkway and Windsor-Essex county roads. Parents may ride if capable (but must remain at the back and listen to coach at all times) or drive support vehicle. Session on importance of recovery, visualization and race preparedness, and the effects of over-training following group ride.

Monday July 4 5:00-9:00 (Sandwich West Park Track)
Race skills and drills. Mesocycle individualized plan discussion and distribution for OSG preparation. Camp wrap up.

To register contact:

George Mason

Southwestern Cycling Centre of Ontario

info@southwesterncyclingcentre.ca / georgepmason@yahoo.com

519.560.1978