# Long Term Athlete Development

### The Future of Canadian Cycling

Update: January, 2006



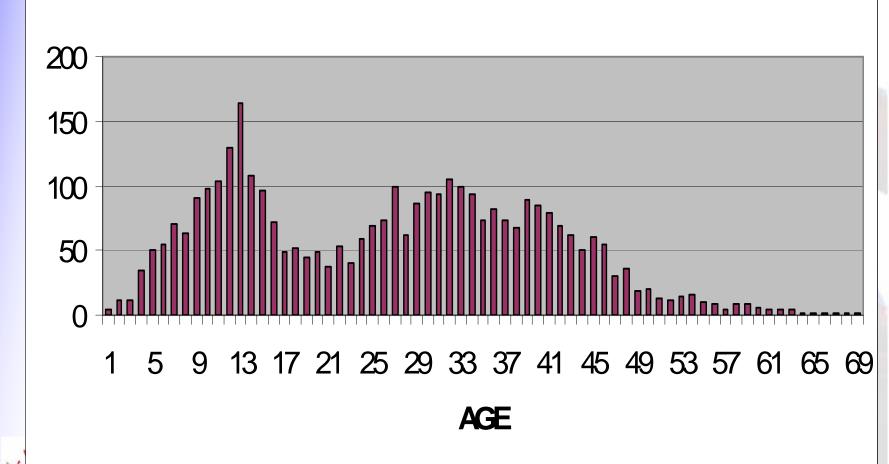
## Cycling and LTAD: Process to date Feb 05- Jan 06

- 1. Oriented to LTAD, formed work group
- 2. Environmental scan & analysis
- 3. Defined characteristics of LTAD stages
- 4. "Data mining"
- 5. Drafted the CCA LTAD Planrecommended 17 initiatives
- 6. Drafted the CCA LTAD Model
- 7. Coordinated with CCA Strategic Plan
- 8. Plan for parallel "New NCCP" transition



### A Learning Experience...

### **ON Licenced Racers 2005**





### **Defining LTAD Success: Vision**

- Performance vision: Canadian cyclists on podiums!
- Participation vision: To promote quality events and programs that allow as many Canadians as possible to participate life long in cycling.

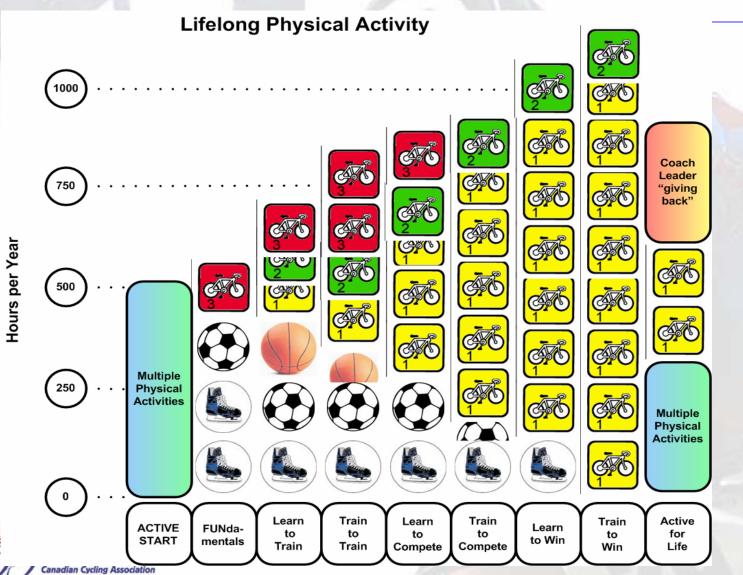


### **Big Questions for CCA**

- How can we create change at the club & community level?
- What changes do we need there?
- What coaching, talent recruitment, athlete development, support structures must we have?
- What will LTAD success look like?



## LTAD means...Creating a Framework for Lifelong Physical Activity



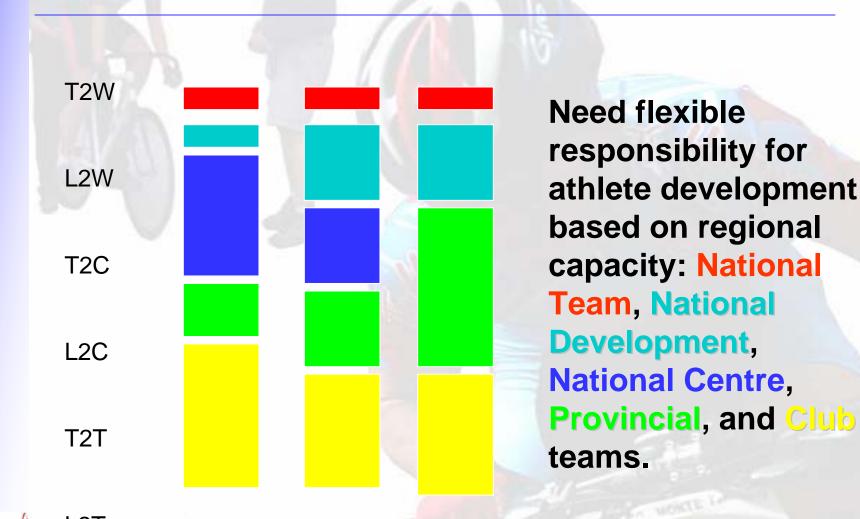
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## LTAD means...Figuring Out Who Does What

Stage	Ages	Competition	Program	Delivery	Facilitator
Active for Life	Any age	As desired	Individual	PSO, Club	
Train to Win	23 to 25+	Olympics, Worlds	Nat team Pro team	CCA, sponsor	Sport Can
Learn to Win	20 to 25	Worlds, UCI races	NCT, NDT Pro team	CCA, Sponsor	coc
Train to Compete	17 to 21	UCI races, Can Cup	NCT, Pro, Prov team	CCA, Sponsor PSO	ОТР
Learn to Compete	15 to 17	Can Cup, Prov races	Prov team Club team	PSO, Club	Sponsors
Train to Train	11 to 15	Club race	Club team Spt school – NC link	Club, School	Prov govt  Bike shop
Learn to Train	8 to 11	School, club race	Club, Sprockids	Club	Education
FUNdamentals	6 to 8	Skill clinic BMX	School, Rec prog, BMX	Club with school, rec dept	Municipal
Active Start	0 to 6	none	none	Parents	Parents

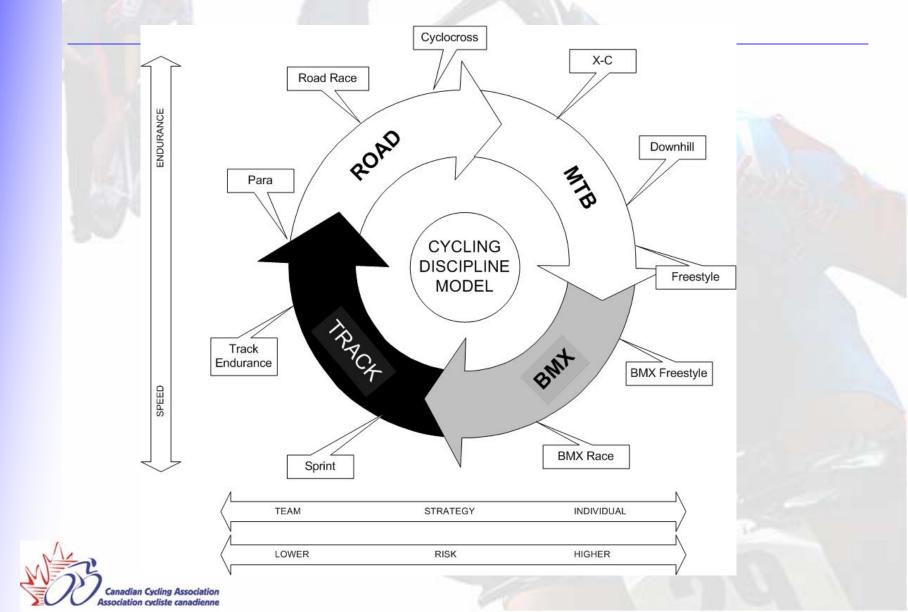


### LTAD means...Creating a Flexible Approach

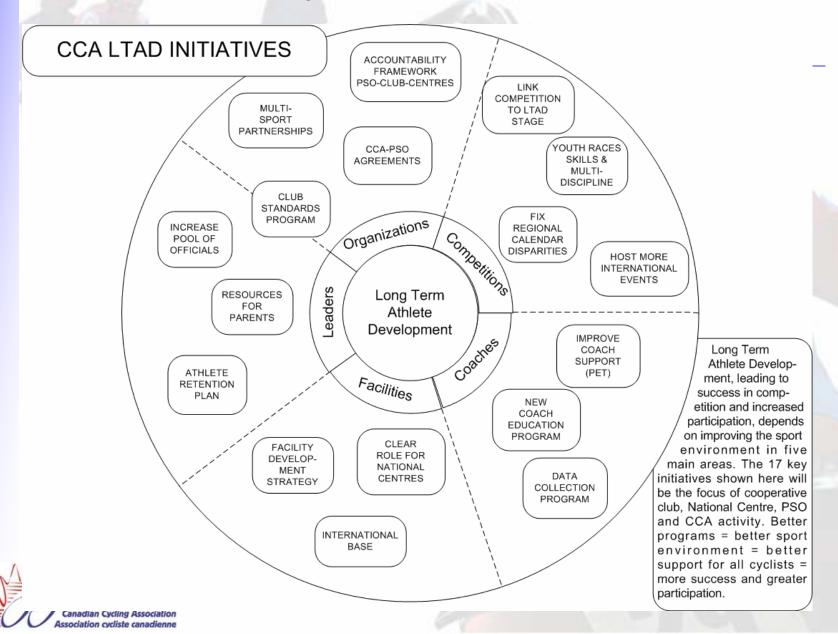


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### LTAD means...Disciplines Working Together



### LTAD means...Many New Initiatives



### LTAD means...Stage by Stage Transformation

Profile: Train to Compete Stage Ages:

Ages: 17 to 21 (female), 18 to 21 (male)

Start Line: Today LTAD Transformation

#### Organization:

National, PSO and club competition programs in all regions. Focus on this stage due to Canada Games. Sponsor and pro teams.

Create CCA-PSO agreements. Create "Clubmark" program. Multi-sport partnerships are needed.

#### Competition:

Competitions in all disciplines. Increased participation by this stage. Over-competition, sponsor conflicts. Link competition level to LTAD stages. Address regional disparities in the national calendar. Host more international events in Canada.

#### Facility:

17 major BMX tracks, 8 velodromes 6 Cycling Centres.

Create CCA Facility Development Strategy.
Clarify role of National Centres to be high performance focus with flexible/regional programs.

#### Coach:

Some coach involvement. Few specialized coaches. Misuse of adult programs for youth. Build new NCCP cycling coach education program with focus on youth instructor and coach development.
Create a comprehensive performance data collection and analysis system.

#### Leader:

Sponsor teams, clubs, PSOs are main providers. Leaders lack resources on youth development.

CCA, PSOs provide introductory resources, "pathway" guides and cycling youth development expertise to leaders. Increase the pool of officials qualified and active for national and provincial events.

Age-appropriate development programs for all disciplines. Network of youth-specialized cycling clubs supported by National Centres. Cross-sport partnerships in place. Financial support.

Finish Line: Future

Provincial & national-level racing and development camps for all disciplines in all regions. Emphasize preparation for high performance. Introduce International competition.

Extensive network of BMX, MTB, velodrome facilities in all regions. National Centres provide development expertise & teams.

New Cycling NCCP specific to stage coaches. Network of specialist coaches in all regions. Standard test and data system in place.

Leaders have easy access to resources on age-appropriate sport development. Qualified officials in place for all competitions.

#### Athlete:

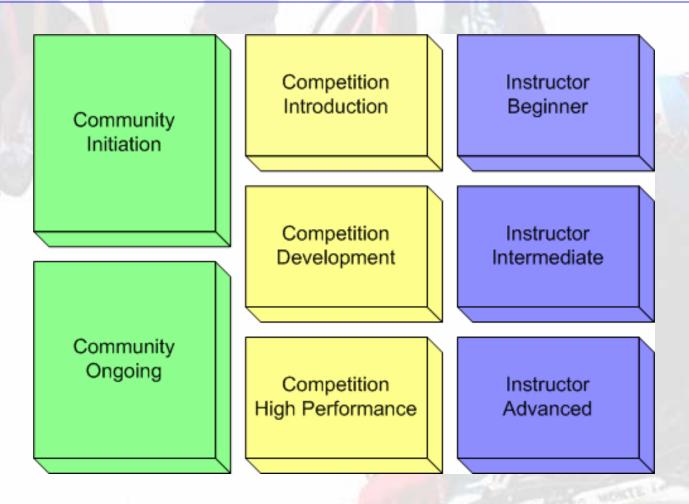
Cycling development inconsistent, with limited emphasis or coaching expertise available. Lack of suitable competitions in some regions. Sponrsor/team conflicts result in overcompetition at expense of development. Lack of financial support to permit optimal development opportunities.



"Optimizing the engine" phase- emphasis on structured training and development provided by network of skilled, trained coaches at clubs, National Centres and facilities. Refine competition skills through participation in age-appropriate Provincial and National racing. Introduce International comprtition.

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### LTAD means...Aligning NCCP to LTAD





### LTAD means...Building a Model

Cycling LTAD Model Draft

#### DEVELOPMENT

#### Physical

- Maximizing the engine
- Speed, power: Refine plyometrics, specific sprint training, max power
- Strength: Athlete specific core strength and stability. ankle and knee stability
- Develop sport specific strength and maximum power.
- Methods tailored to individual
- Warm up/cool downintegral, specific to training and competition
- Anaerobic power, Aerobic power: Maintenance with development following quadrennial plan.

#### Mental

- Focus on results
- Refine decision making
- Advanced mental preparation
- Distraction management
- Social psychology and team dynamics

#### Technical Skills

- Master advanced cycling skills and techniques
- Optimized techniquesfocus on strenaths.

#### Tactical Skills

- Innovating tactics
- Optimize competition skills and test various strategies in competition
- Optimize team event tactics in competitions
- · Optimal integration of technical and tactical elements
- Continue sport rules and ethics

#### Other

- Maximize: cultural / lifestyle habits: nutrition / hydration: recovery/regeneration. tapering and peaking
- Career planning
- Refine travel strategies
- Media training
- Regular monitoring and testing
- Prioritize events: fitting other life goals within HP quest
- Incorporate cross training

#### Road: 600-1200 training hrs/year (M), 500-1000 (F) MTB: 500-1000 hr/year (M).

RACING AND TRAINING

- 450-900 (F)
- 16 30 hrs/week
- 4 9 sessions/week
- Sessions 5:00- 7:00 hrs
- 40 to 120 events per year or 6-20 races per month
- · Competes in up to 2 disciplines
- Participate in 1 sport
- Single or multi- periodization- multiple competition peaks

Phase: Train to Win Ages: 23-5+ (F), 23-5+ (M) **Key Objective:** Maximizing the engine

#### SPORT ENVIRONMENT Coachina

BMX, MTB, Road: Coach 3 (Competition High Performance)

#### Delivery

- Pro Team
- National Team

#### Competition Framework

- Olympics, major Games
- World Champs & World Cup
- Pro team events
- Up to 2 cycling disciplines

#### **TESTING & TALENT ID**

#### Monthly testing of:

- Anthropometry
- Blood- Hct. HB. Iron
- Direct VO<sub>2max</sub>
- Efficiency: HR/Wattage/HLa; use of SRM
- Performance: 20km TT



### LTAD means...Putting It All Together

