

Long Term Athlete Development

The Future of Canadian Cycling

Update: January, 2006

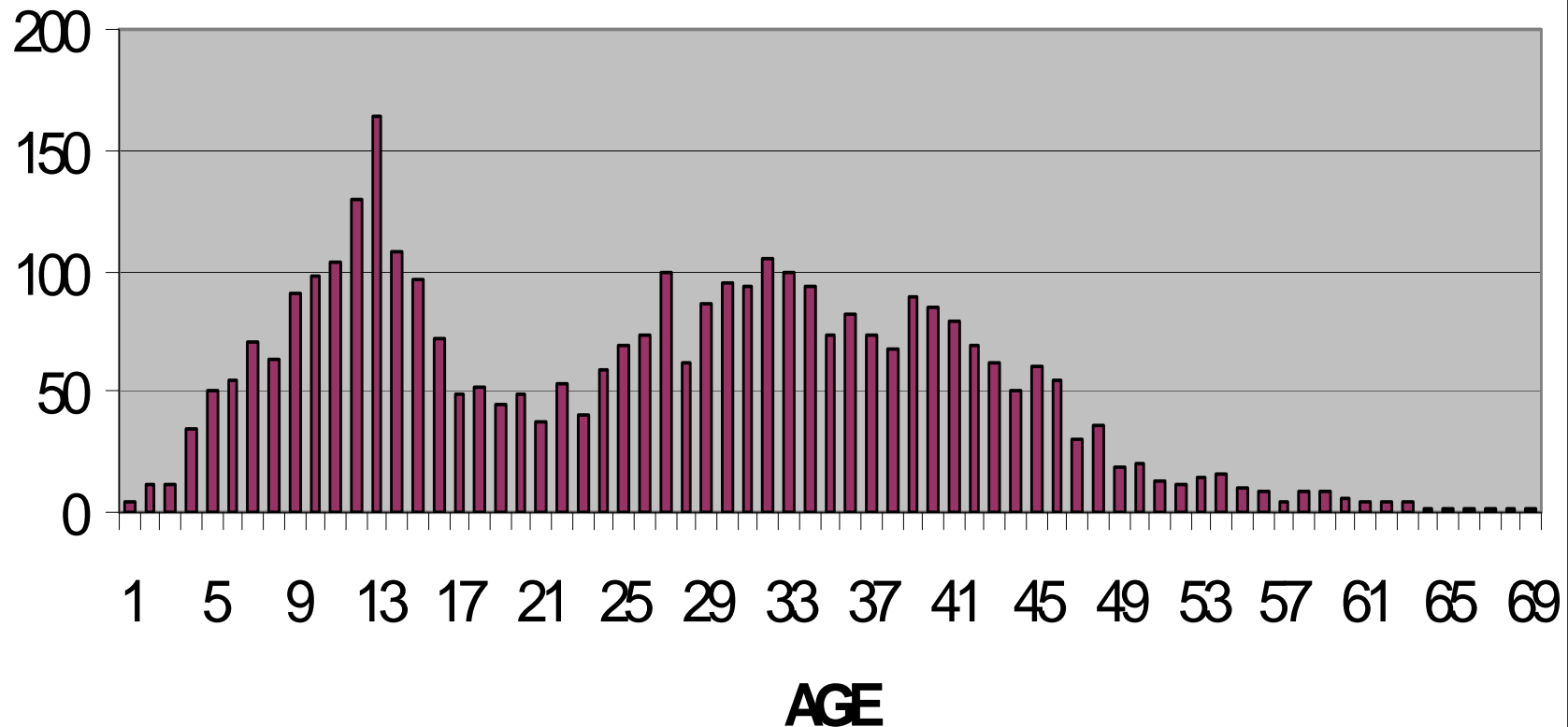
Cycling and LTAD:

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 Plan-
recommended 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

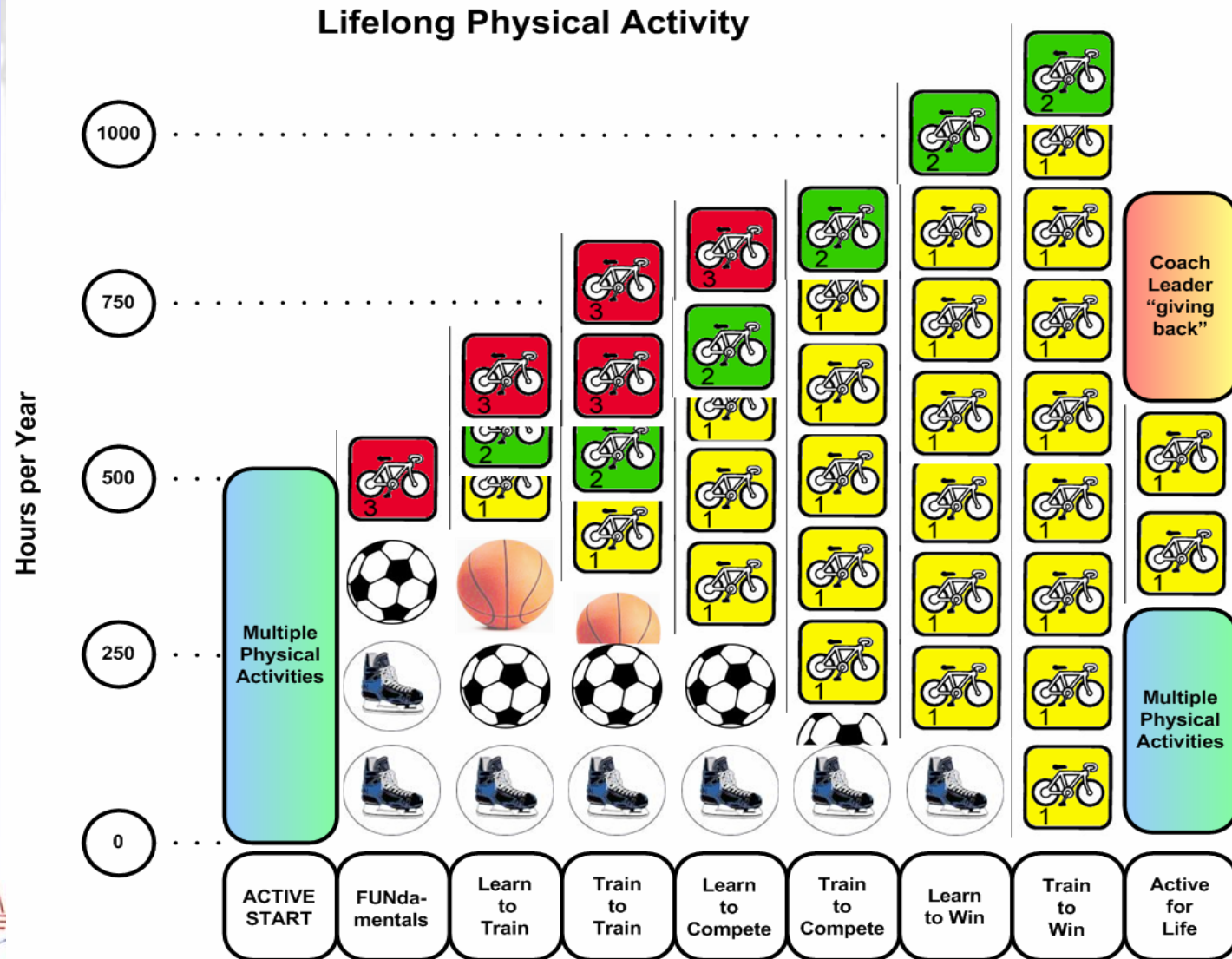
 **Performance vision:** Canadian cyclists on podiums!

 **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?

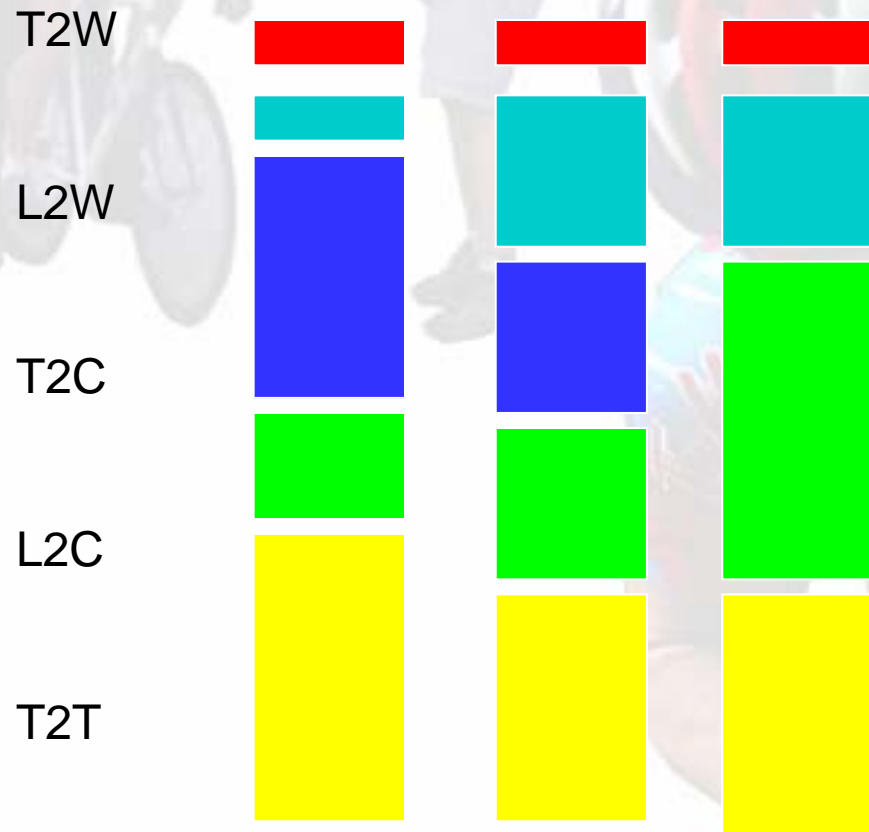
LTAD means...Creating a Framework for Lifelong Physical Activity



LTAD means...Figuring Out Who Does What

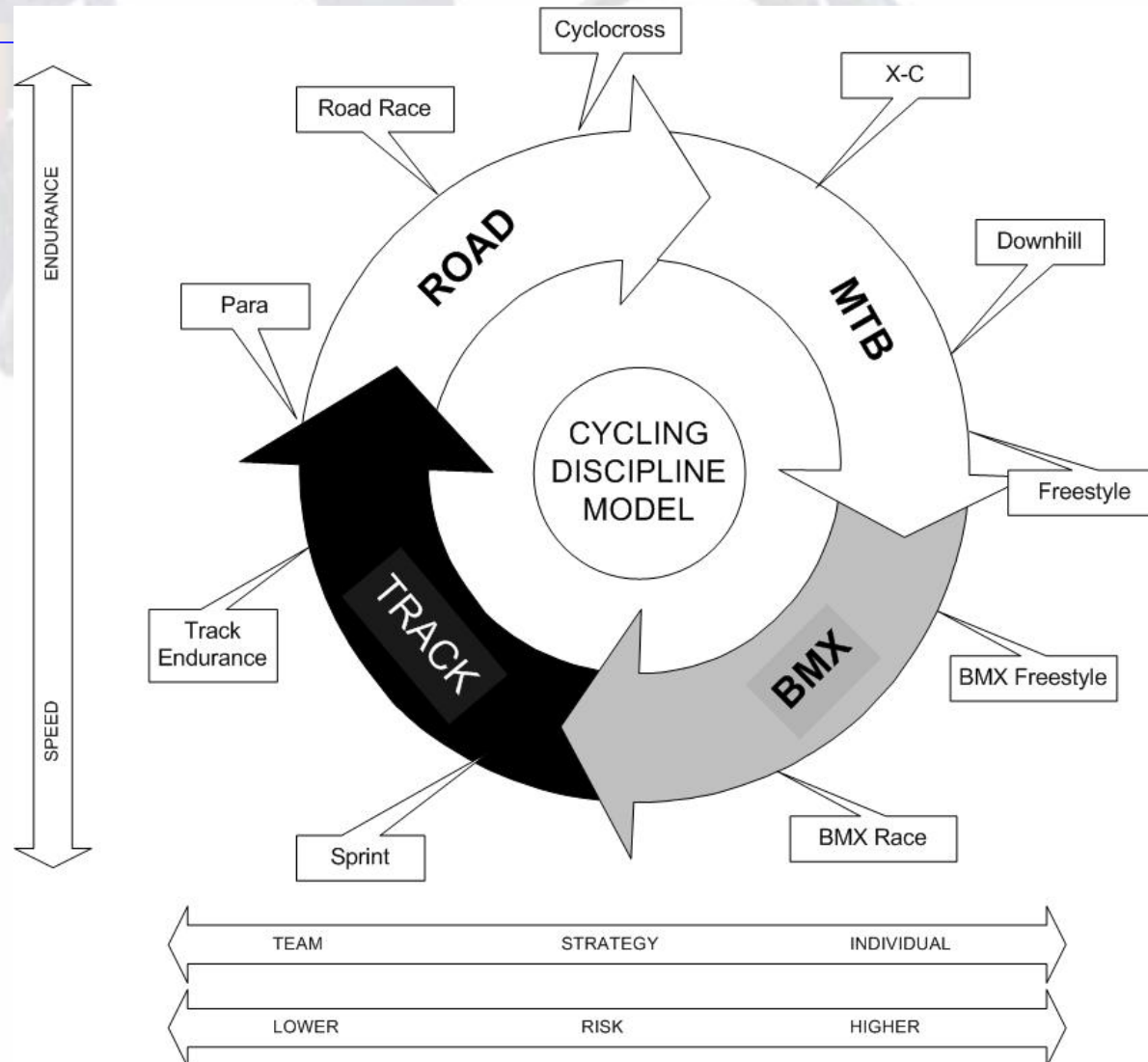
Stage	Ages	Competition	Program	Delivery	Facilitator
Active for Life	Any age	As desired	Individual	PSO, Club	
Train to Win	23 to 25+	Olympics, Worlds	Nat team Pro team	CCA, sponsor	Sport Can
Learn to Win	20 to 25	Worlds, UCI races	NCT, NDT Pro team	CCA, Sponsor	COC
Train to Compete	17 to 21	UCI races,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

LTAD means...Creating a Flexible Approach

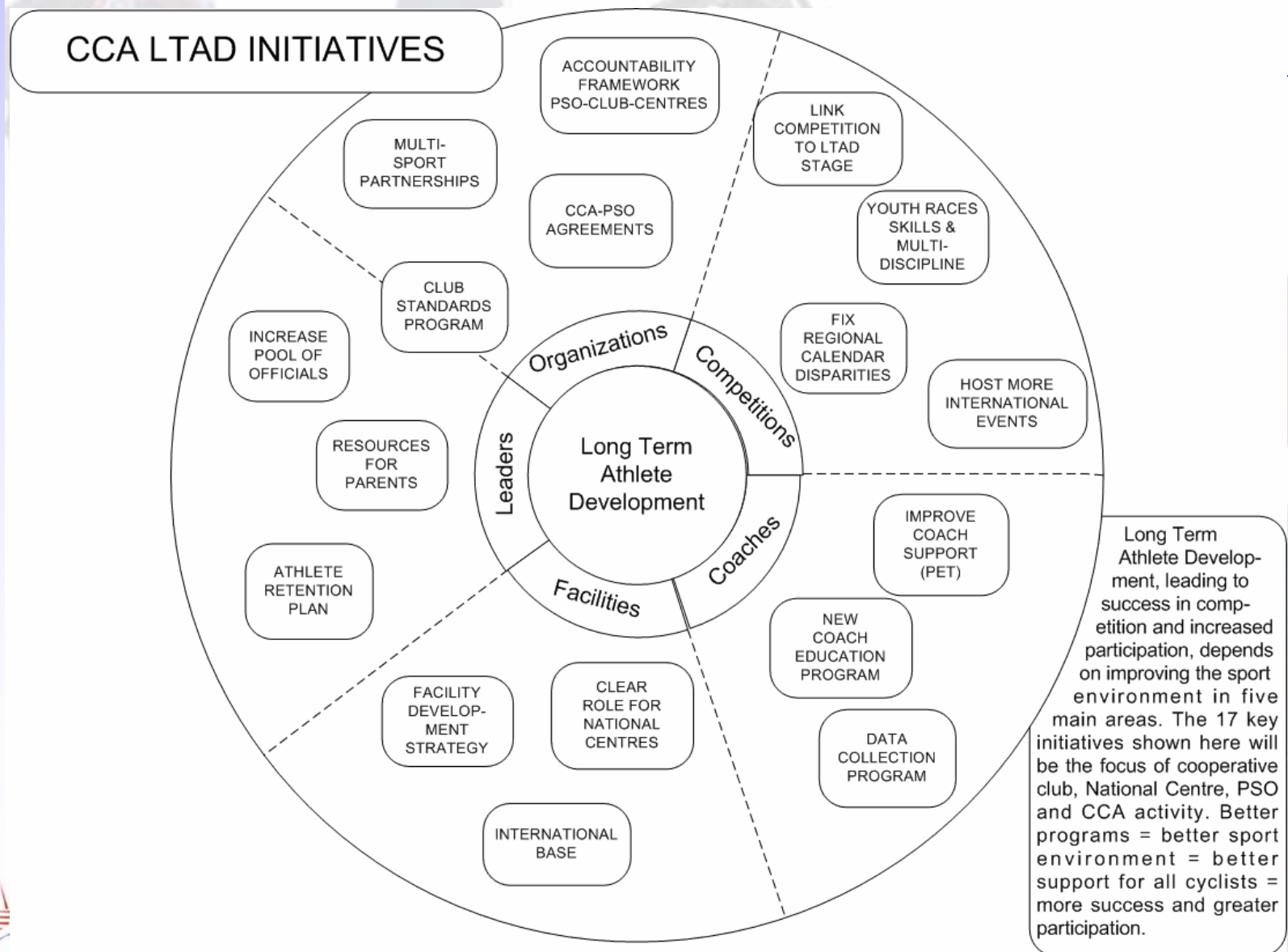


Need flexible responsibility for athlete development based on regional capacity: **National Team, **National Development**, **National Centre**, **Provincial**, and **Club** teams.**

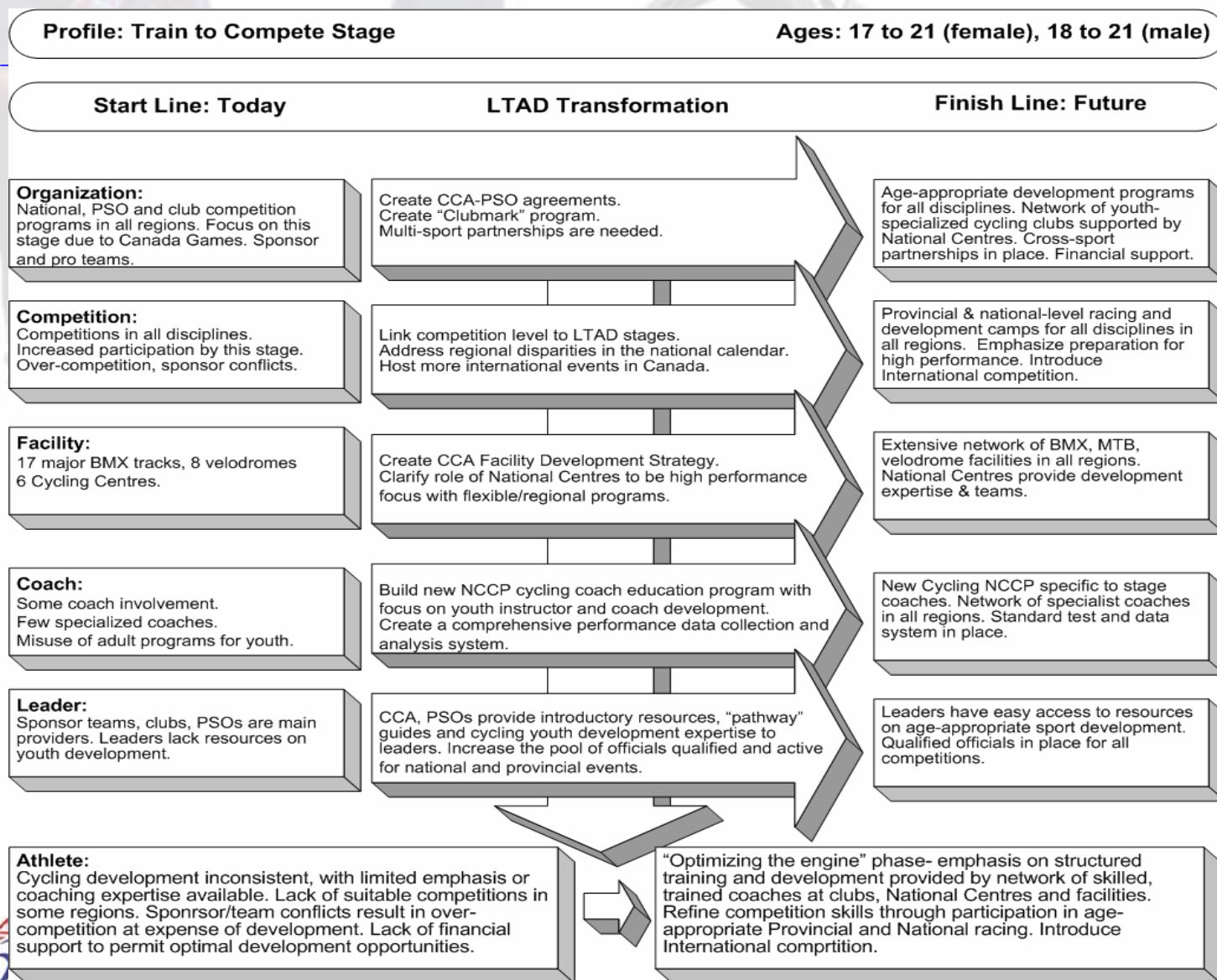
LTAD means...Disciplines Working Together



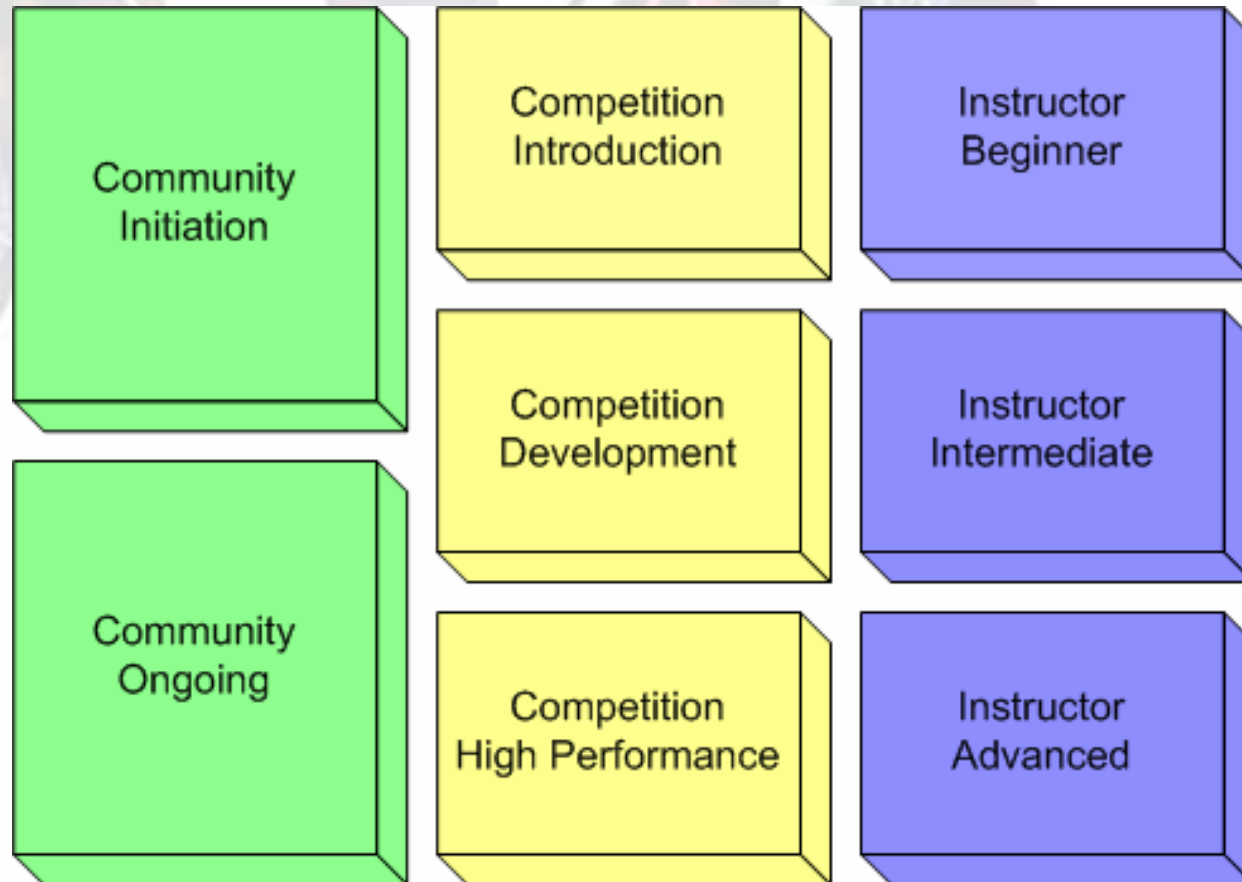
LTAD means...Many New Initiatives



LTAD means...Stage by Stage Transformation



LTAD means...Aligning NCCP to LTAD



LTAD means...Building a Model

Cycling LTAD Model Draft

<p>DEVELOPMENT</p> <p><i>Physical</i></p> <ul style="list-style-type: none"> • 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 down-integral, specific to training and competition • Anaerobic power, Aerobic power: Maintenance with development following quadrennial plan. 	<p><i>Tactical Skills</i></p> <ul style="list-style-type: none"> • 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 	<p><i>Other</i></p> <ul style="list-style-type: none"> • 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 	<p>RACING AND TRAINING</p> <ul style="list-style-type: none"> • Road: 600-1200 training hrs/year (M), 500-1000 (F) • MTB: 500-1000 hr/year (M), 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
<p><i>Mental</i></p> <ul style="list-style-type: none"> • Focus on results • Refine decision making • Advanced mental preparation • Distraction management • Social psychology and team dynamics <p><i>Technical Skills</i></p> <ul style="list-style-type: none"> • Master advanced cycling skills and techniques • Optimized techniques-focus on strengths. 	<p>SPORT ENVIRONMENT</p> <p><i>Coaching</i></p> <ul style="list-style-type: none"> • BMX, MTB, Road: Coach 3 (Competition High Performance) <p><i>Delivery</i></p> <ul style="list-style-type: none"> • Pro Team • National Team 	<p><i>Competition Framework</i></p> <ul style="list-style-type: none"> • Olympics, major Games • World Champs & World Cup • Pro team events • Up to 2 cycling disciplines 	<p>TESTING & TALENT ID</p> <p><i>Monthly testing of:</i></p> <ul style="list-style-type: none"> • Anthropometry • Blood- Hct, HB, Iron • Direct VO_{2max} • Efficiency: HR/Wattage/HLa; use of SRM • Performance: 20km TT



LTAD means...Putting It All Together

CANADIAN CYCLING LONG TERM ATHLETE DEVELOPMENT MODEL SEPT 2005

AGE	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25
LTAD PHASE	FUNDAMENTAL - F	LEARN TO TRAIN - F	TRAIN TO TRAIN - F			LEARN TO COMPETE- F		TRAIN TO COMPETE - F			LEARN TO WIN- F		TRAIN TO WIN - F			
	FUNDAMENTAL- M	LEARN TO TRAIN - M	TRAIN TO TRAIN - M			LEARN TO COMPETE- M		TRAIN TO COMPETE - M			LEARN TO WIN- M		TRAIN TO WIN - M			
CYCLING COACH ED PROGRAM	COMMUNITY COACH SPROCKIDS INSTRUCTOR		INTRO TO COMPETITION COACH 1		INTRO TO COMPETITION COACH 2		COMPETITION DEVELOPMENT: COACH 3			COMPETITION HIGH PERFORMANCE: COACH 4						
WINDOW OF TRAINABILITY	PHYS LITERACY		AEROBIC - F		STRENGTH - F											
				AEROBIC - M		STRENGTH - M										
					SPEED - F											
			SKILL		SPEED - M											
DELIVERY & SUPPORT	PARENT	COMMUNITY CYCLING CLUB						CLUB TEAM								
	SCHOOL & RECREATION		NATIONAL CYCLING CENTRE SUPPORT				PROV TEAM		NAT ESPOIR TEAM		NAT TEAM					
			NATIONAL CYCLING CENTRE DEVELOPMENT													
MAIN COMPET'N VENUES	CLUB				PROVINCIAL		PROV & NAT		NATIONAL		NATIONAL & INTERNATIONAL					
					PROV GAMES		CANADA GAMES									
COMPET'N FOCUS	BMX FUN SKILL	CLUB RACES SCHOOL RACES SPROCKIDS	PROV CHAMPS/GAMES BMX NATIONALS		NAT CHAMPS NAT SERIES BMX WORLDS		JR/U23 INTERNATIONAL COMP NAT CHAMPS, CAN CUP, CAN GAMES			WORLD CHAMPS WORLD CUP		MAJOR GAMES WORLD CHAMPS/CUP				
CATEGORY	U12		U15		U17		U19		ESPOIR U23			SENIOR				