



## Cycling Canada Advancement Camps

- Overview:** Cycling Canada Advancement Camps help connect, educate, and inspire provincially targeted staff and athletes with Cycling Canada's sustainable performance program.
- Cycling Canada aims to organize and facilitate twelve 3-day camps following national-level events across all cycle sports throughout the year.
- Learning outcomes for *Train to Compete* and *Train to Win* [Long-Term Development](#) athletes include advanced sport-specific skills, developing healthy travel habits, and reinforcing the importance of team building, work-life balance, and goal-oriented preparation.
- Advancement camps provide an opportunity to meet Cycling Canada's Performance Sport, Research, and Innovation (PSRI) staff, introduce RBC Training Ground athletes, and curate new educational materials for all cycle sports.
- Coordinator:** Tanya Dubnicoff, Cycling Canada Advancement Camp Coach
- \* \* \*
- Upcoming Event:** Following the 2022 Canadian Cyclocross Championships at Bear Mountain in Victoria, BC, Cycling BC will facilitate a 2-day camp. Guest speakers are expected to attend, including gracious champions and content experts.
- Day 1 focuses on recovery strategies and skill development.  
Day 2 focuses on skill development and a conditioning ride.
- Date:** January 10-11, 2022
- Location:** Bear Mountain, Victoria, BC
- On-Site Lead:** Ben Chaddock, Cycling BC, Head of Coach Development
- Hub Contact:** Jon Watkin, Cycling Canada Hub Development Lead: Victoria
- Other Guests:** Rob Holmgren, Cycling Canada, National Team Coach (CX Lead)  
Dan Proulx, Cycling Canada Head Coach  
Maghalie Rochette  
Michael van den Ham  
Tara Lazarski



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Monday January 10th, 2022		
BIKE Session (Jordi Lunn)		
9:00 am - 11:30 am		
Intro	Welcome / Safety Check / Icebreaker	15m
Warmup	Dynamic Warmup	15m
	Skill Assessment: Body Position, Operational Control	30m
*Photo op @ 10am TBC	Trail Ride (short pedal)	15m
	Water Break	5m
Main Part (2-3 groups)	Direction Control (dismounts, lifts/shoulder)	
	Timing & Coordination (barriers/carry)	
	Pressure Control (barriers/hops)	
	Pressure Control (pumping)	45m
Cool Down	Trail Ride (short pedal)	15m
Wrap Up	Intra-group debrief, Tuesday info	5m
<i>1:6 Coach/Athlete Ratio.</i>		

<https://www.jordielunnbikepark.com/>

Tuesday January 11th, 2022		
BIKE Session (Jordi Lunn)		
9:00 am - 11:30 am		
Intro	Welcome / Safety Check / Icebreaker	5m
Warmup	Dynamic Warmup	15m
	Trail Ride (short pedal)	10m
Main Part (2-3 groups)	Cornering / Line Choice @ School	30m
	Cornering / Line Choice @ CX Course	45m
	Team Challenge	15m
Cool Down	Trail Ride (short pedal)	15m
Wrap Up	Inter-group debrief	15m
<i>1:6 Coach/Athlete Ratio.</i>		

<https://www.jordielunnbikepark.com/>

Education Session		
1:00 pm - 3:00 pm		
Welcome	Dan Proulx	10m
CX Project Overview	Rob Holmgren	20m
Recovery & Mobility	Tara Lazarski (PSRI)	30m
*Location TBA (either ZOOM or in-person)		

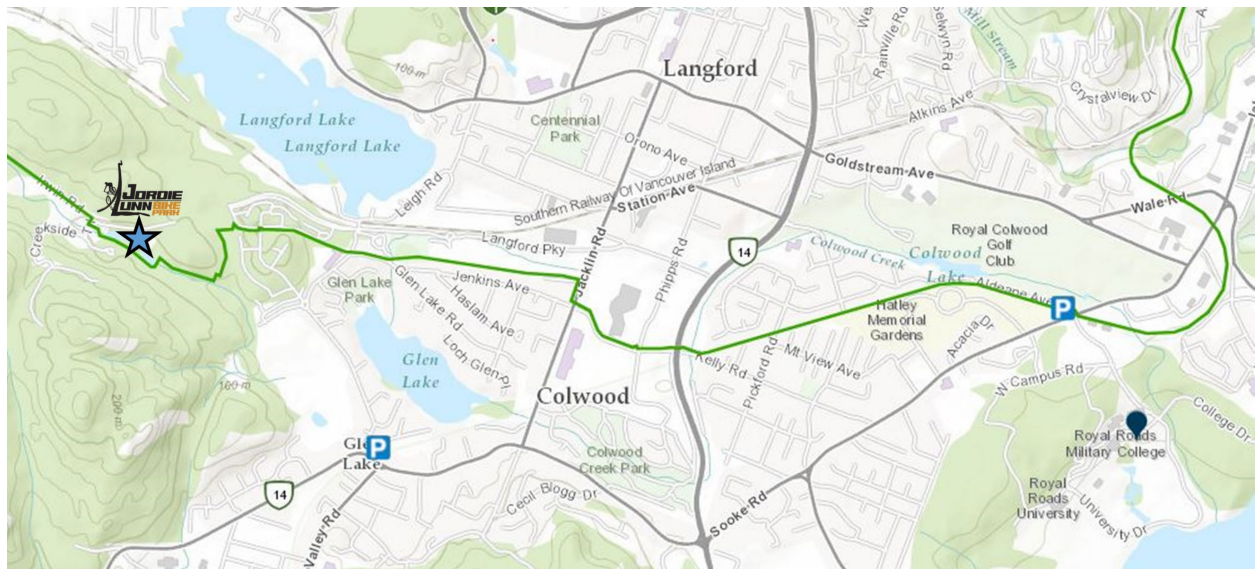
BIKE Session (Galloping Goose)**		
1:00 pm - 3:00 pm		
Intro		
Warmup	Route to Galloping Goose	10m
Main Part (1 group)	2-up Eudurance ride, south-east out and back Galloping Goose trail, flip at 2pm Possibly incorporate leg speed and slow-speed accelerations with parnters (leap frog game)	110m
	Cool Down	
Wrap Up	Camp Conclusion	
<i>1:6 Coach/Athlete Ratio.</i>		

\*\*Optional activity in case riders need to depart for travel purposes

# Cycling Canada Advancement Camps



## Maps



**Cycling Canada  
Advancement Camps**



## Invitation Letter

Dear Athletes & Coaches,

Cycling Canada invites you to attend our inaugural Cyclocross Advancement Camp on **January 10-11<sup>th</sup>, 2022**, at Jordi Lunn Bike Park in Victoria.

This camp will help you develop the skills necessary to participate in future Cycling Canada National Team projects. In addition, these camps will connect you with professional expertise, gracious champions, and promising athletes from across the country who share your drive for achieving your personal best.

The camp is for a range of athletes. U17 and U19 club and provincial team athletes who wish to acquire and refine cyclocross-specific skills should attend! We are inviting several skills instructors and will match athletes with an instructor based on their skill level.

Each day begins with a skills session at Jordi Lunn Bike Park with guest instructors, including gracious champions from Cycling Canada's national team. The sessions will focus on dismounting/barriers and cornering, among other things.

Afternoon sessions include a Monday education meeting discussing recovery strategies and mobility session, with an optional aerobic endurance ride using the galloping goose gravel sections on Tuesday.

Special notes:

- Riders must carry proof of vaccination.
- Riders are responsible for their transport, nutrition, accommodation.
- This camp is OPTIONAL and will NOT affect National Team project eligibility.

As per Cycling Canada's guiding mission and implementation strategy, High-Performance funding covers most camp costs. Attending athletes cover the remaining costs.

The cost to attend this camp is \$20/day.

Registration is available [cyclingbc.net/advance](https://cyclingbc.net/advance) until January 7, 2022 @ 11:50 pm. Please disclose the name and contact information of your current club or personal coach. This way, we can add them to our contact list and keep them informed on all things cyclocross!

If you have any questions, please do not hesitate to send us a message! We are really excited about this event and looking forward to surfing the dirt with you!

Smiles,

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## 7-Day Reminder Letter

Thank you for registering for our upcoming camp at Jordi Lunn Bike Park in Victoria, BC, running January 10-11<sup>th</sup>, 2022. We are excited to help you develop and master cyclocross-specific skills.

Friendly reminders:

- Please be prepared to ride in inclement weather conditions, bring lots of snacks, water.
- There will be a place to store backpacks at the Jordi Lunn Bike Park. Bring extra clothes because we might get very wet!
- Athletes and coaches are responsible for travel, nutrition, and accommodation during the camp
- Riders must carry proof of vaccination.

*\*To continue your sports education, please register for Cycling Canada's 2021-2022 Athlete Education program running monthly through the winter. The next event takes place on Saturday, December 4<sup>th</sup>, 2021. [Register here](#) and read more in the appendix below.*

Event Schedule:

- Morning sessions begin at 9 am
- Afternoon sessions start at 1 pm

For full camp details, please visit our website event page [here](#).

If you have any questions, please do not hesitate to send us a message! We are really excited about this event and looking forward to surfing the dirt with you!

Smiles,

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## 2021-2022 Athlete Education Program Schedule

We encourage you to attend the 2021-2022 Athlete Education Program via ZOOM and continue your sports education.

These events take place once a month on Saturdays. The schedule and topics are as follows:

<b>Topic</b>	<b>Time of Day (EST)</b>	<b>Saturday Oct. 30, 2021</b>	<b>Saturday Dec. 4, 2021</b>	<b>Saturday Jan. 15, 2022</b>	<b>Saturday Feb. 5, 2022</b>
Athlete Lifestyle	11:00 - 11:50	Program Intro	CCES Webinar	Safe Sport	Mental Health & Wellbeing
Mental Performance	12:00 - 12:50	Introduction to Mental Performance	Athletic Identity 1	Athletic Identity 2	Goal Setting
<b>Lunch</b>					
Physiology	2:00 - 2:50	Basic Training Theory	Importance of S&C in Cycling	Importance of Warm-up & Cool-Down	Sleep Hygiene
Nutrition	3:00 - 3:50	Nutrient Content of Food	Fueling & Digestion	Recovery nutrition	Hydration Needs
Zwift & Zoom	4:30 - 5:30	√	√	√	√

### [REGISTER FOR ATHLETE EDUCATION PROGRAM 2021-2022](#)

Professional development points are available for NCCP-certified participants attending the above modules. Participants receive a one-point per hour, to a maximum of three-point per day and five points per week.