

Track Skills Development Grid

| Pathway Pathway Description | <i>Train to Train</i> | <i>Learn to Compete: Optimize Engine</i> | <i>Train to Compete: Optimize Engine</i> | <i>Learn to Win: Maximizing Engine</i> |
|--|---|--|--|--|
| | Athletes at beginning of stage are working with their club, team or coach Seasonal or YTP, 3-5 sessions/week, 90min sessions Provincial racing, intro. to nationals near end of stage | Athletes are working with club/team/coach and participating in Provincial Programming. Learning through competition, refine and perfect technical skills, develop mental skills for competition. 4-6 sessions/wk; 7-10 hrs/week, 90 - 180 min sessions, participate in provincial programming, compete in provincial events and champs, national events and champs, intro to intern. Comp. | Athletes are working with club/team/coach and participating in Provincial Programming. Athletes later in the stage are bridging to NextGen Implement skills learned earlier in comp., Learning through competition, refine and perfect technical skills, refine comp. tactics and abilities in a number of events, develop mental skills for competition. 5-8 sessions/wk, 9-16 hrs/week, sessions 2-3 hrs, national and initial international races, national champs, national development camps. | Athletes are bridging to the NextGen program or fully immersed in the NextGen or National team programming. Learning to perform on demand in high pressure situations, refine and perfect skills and tactics, balance of life skills in HP comp. 6-10 sessions/week, 10-20 hrs/wk, sessions 2-3 hrs, international races and world cups, national champs, national raes and national team camps. |
| Chronological Age M | 13-15 | 16/17 | 16/17 | 18+ |
| Chronological Age F | 12-14 | 15/16 | 15/16 | 17+ |
| Sport Years | 3-6 years | 4-9 years | 4-9 years | >8 years |
| Skill Development | Consolidation (Stability of Skill through Practice) & Refinement (fine tuning skills with minor adjustments and create solutions) | Consolidation-Refinement | Consolidation-Refinement | Refinement |
| NCCP Coaching Contexts | Intro to Comp. | Comp Dev | Comp Dev | Comp - HP |
| Motor Skill | | | | |
| Increase leg speed (approp. Leg speed) | Refinement | | | |
| Balance | Refinement | | | |
| Agility on Bike | Refinement | | | |
| Technical Skills - Start & Stop | | | | |
| Body Position Start | Refinement | | | |
| Pedal Position Start | Refinement | | | |
| First Pedal Strokes | Refinement | | | |
| Modulate Speed | Refinement | | | |
| Track Stand | Consolidate & Refinement | Refinement | | |
| Technical Skills - Banking | | | | |
| Min. Speed | Consolidate & Refinement | Refinement | | |
| Low and High Lines | Consolidate & Refinement | Refinement | | |
| Pace Line | Consolidate & Refinement | Refinement | | |
| Accelerate: Drop | Consolidate & Refinement | Refinement | | |
| Technical Skills: Sprinting | | | | |
| In saddle accel. | Refinement | | | |
| Out of saddle accel. | Refinement | | | |
| Hop (sideways) | Consolidate & Refinement | Refinement | | |
| Contact with riders (track) | Refinement | | | |
| Tactical Skills | | | | |
| Track Start | Consolidate | Refinement | | |
| Cornering Lines | Consolidate | Refinement | | |
| Pace and Pursuit Schedule | Consolidate | Refinement | | |
| Assess track and opponents and choose strategy | Acquisition | Consolidate & Refinement | Refinement | Refinement |
| Assess track and choose gearing | Acquisition | Consolidate & Refinement | Refinement | Refinement |
| Madison Skills and Tactics | Acquisition | Consolidate & Refinement | Refinement | Refinement |
| Mental and Decision Skills | | | | |
| Use track layout to improve positioning | Acquisition | Consolidate & Refinement | Refinement | Refinement |
| React to Crashes and maintain speed/position | Acquisition | Consolidate & Refinement | Refinement | Refinement |
| Visualization | Acquisition | Consolidate | | Refinement |
| Critical viewing of other races (live or video recording) for learning | Acquisition | Consolidate | | Refinement |
| Focus/Refocus between heats | Acquisition | Consolidate | | Refinement |
| Develop ideal performance state routine | Acquisition | Consolidate | | Refinement |
| Physical | | | | |
| Core Strength and Stability | Acquisition | Consolidate & Refinement | Refinement | |
| Plyometrics | Acquisition | Consolidate & Refinement | Refinement | |
| Wam up/Cool down specific to training and comp | Acquisition | Consolidate & Refinement | Refinement | |
| Life Skills | | | | |
| Managing Travel: Nutrition and recovery | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Self Sufficient | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Managing expectations | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Resilience | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Problem Solving | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Communication | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Bike Maintenance | | | | |
| Bike fit | Recommended with a professional | Recommended with a professional | Recommended with a professional | Recommended with a professional |
| Bike Prep and care | Acquisition & Consolidate | Consolidate & Refinement | Refinement | Refinement |
| Bike pack and rebuild (travel) | Acquisition & Consolidate | Consolidate & Refinement | Refinement | Refinement |
| Testing | Annually to semi annually at end of stage with clubs or coaches. | Semi Annually for targeted canadian development athletes | Semi Annually for targeted canadian development athletes | Semi Annually for targeted canadian development athletes |

BMX Skills Development Grid

| Pathway | Learn to Train: Developing Skills | Train to Train: Build the Engine | Learn & Train to Compete: Optimize Engine | Learn & Train to Win: Maximizing Engine |
|--|---|--|--|--|
| Pathway Description | Athletes are working with their club/team or coach. Intro. to seasonal training program, 3-5 sessions/wk, 60 min. sessions, club, regional and provincial level races | Athletes at beginning of stage are working with their club, team or coach, participating through invitation to provincial camps Seasonal or Yearly Training plan, 3-5 sessions/wk, 60 min. sessions, club, regional and provincial level races Regular competition, skill and tactical development, Provincial level racing, intro to national level near end of stage, provincial training camp | Athletes are working with club/team/coach and participating in Provincial Programming. Athletes later in the stage are bridging to NextGen Development of mental skills and competition tactics, 4-8 sessions/wk, 7-12 hours/wk, 2-3hr sessions. Provincial and club/coach programming, national champs, intro to international competition. | Athletes are bridging to the NextGEN program or fully immersed in the NextGen or National team programming. Performance on Demand, refining mental skills, recovery, and regeneration from training and competition, 610 sessions/wk, 10-20 hrs/wk, 2-3hr. Sessions. |
| Chronological Age M | 6-9 Years | 10-12 Years | 12-17 years | 17+ years |
| Chronological Age F | 6-9 Years | 9-11 | 11-16 years | 17+ years |
| Sport Years | 1-5 years | 3-6 years | 4-9 years | 7+ years |
| Stage Objectives | Acquisition (intro of skill) - Consolidation (Stability of Skill through Practice) | Consolidation-Refinement | Refinement (fine tuning skills with minor adjustments and create solutions) | Refinement (fine tuning skills with minor adjustments and create solutions) |
| NCCP Coaching Contexts | Community Initiation - Intro. To Comp. | Intro to Comp. | Comp Dev. | Comp HP |
| Foundation Skills | Refinement | | | |
| Balance | Refinement | | | |
| Agility | Refinement | | | |
| Run-Jump-Throw | Refinement | | | |
| Basic Cycling Skills | Refinement | | | |
| Motor Skills | | | | |
| Increase Leg Speed | Acquisition - Consolidation | Refinement | | |
| Balance - Gate | Acquisition - Consolidation | Refinement | | |
| Agility on bike | Acquisition - Consolidation | Refinement | | |
| Technical Skills - Start | | | | |
| Body Position | Acquisition - Consolidation | | | |
| Pedal Position | Acquisition - Consolidation | Refinement | | |
| Pre-load/Pre-Snap | Acquisition | Consolidation - Refinement | | |
| Snap | Acquisition | Consolidation - Refinement | | |
| First pedal strokes | Acquisition | Consolidation - Refinement | | |
| Technical Skills - Jumping | | | | |
| Pumping & Rolling | Acquisition | Consolidation - Refinement | | |
| Bunny Hop (flats) | Acquisition | Consolidation - Refinement | | |
| rear wheel hop | Acquisition | Consolidation - Refinement | | |
| Pre-Manual | Acquisition | Consolidation - Refinement | | |
| Manual (Single) | Acquisition | Consolidation - Refinement | | |
| Manual (Multiple) | Acquisition | Consolidation - Refinement | | |
| Wheelie (Coaster) | Acquisition | Consolidation - Refinement | | |
| Wheelie (Seated) | Acquisition | Consolidation - Refinement | | |
| Speed jump Single | | Acquisition - Consolidation | Refinement | |
| Speed Jump double | | Acquisition - Consolidation | Refinement | |
| jumping style | | Acquisition - Consolidation | Refinement | |
| Technical Skills - Cornering | | | | |
| Basic Lean, pedals | Acquisition - Consolidation | Refinement | | |
| Speed Control | Acquisition - Consolidation | Refinement | | |
| Pedal Positioning | Acquisition - Consolidation | Refinement | | |
| Contact with riders | Acquisition | Consolidation - Refinement | | |
| Tactical Skills | | | | |
| Track position for start | Acquisition | Consolidation | Refinement | |
| coorning lines | Acquisition | Consolidation | Refinement | |
| Assess track layout and choose strategy | | Acquisition | Consolidation | Refinement |
| Assess track layout and choose gearing | | Acquisition | Consolidation | Refinement |
| Mental & Decision Skills | | | | |
| Use track layout to improve position | | Acquisition | Consolidation - Refinement | |
| React to crashes and maintain speed/position | | Acquisition | Consolidation - Refinement | |
| Visualization | | Acquisition | Consolidation | Refinement |
| Focus and Refocus between heats | | Acquisition | Consolidation | Refinement |
| Develop ideal performance state routine | | Acquisition | Consolidation | Refinement |
| Life Skills | | | | |
| Managing Travel: Nutrition and recovery | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Self Sufficient | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Managing expectations | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Resilience | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Problem Solving | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Communication | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Bike Maintenance | | | | |
| Bike Prep | Acquisition & Consolidate | Consolidate & Refinement | Refinement | |
| Bike pack and rebuild (travel) | | | | |
| Testing | Functional Movement Screen (FMS) | Functional Movement Screen (FMS) and performance measurement based on performance of skill | Video Analysis, power wingate test, 25 & 50m times | Regular testing by coach, Video Analysis, power wingate test, aerobic power, 25, & 50m times |

MTB Skills Development Grid

| Pathway | Train to Train: Building the Engine | Train to Compete: Optimize Engine | Learn to Win: Maximizing Engine |
|--|--|---|--|
| Pathway Description | Athletes at beginning of stage are working with their club, team or coach Build on Physical literacy and skills developed in L2T, follow YTP, 5-6 sessions/wk, 1.5-2.5 hr. sessions, Provincial racing, intro. to nationals near end of stage | Athletes are working with club/team/coach and participating in Provincial Programming. Athletes later in the stage are bridging to NextGen Focused training, individualized yearly training plans, 4-9 sessions a week, 10-17 hrs/wks., 3-5 hrs sessions, able to manage multiple consecutive long training sessions Perfecting race skills in higher level races, national champs, national series, provincial events, provincial champs, Jr./U23 World Champs, intro to international racing. | Athletes are bridging to the NextGEN program or fully immersed in the NextGen or National team programming. Professional &/or NextGen/National Team member. 6-10 sessions/wk, 16-20 hrs/wk, 2-4 hr sessions World Champs & Cups, National Champs, international championships and events. |
| Chronological Age M | 13-16, Post Growth Spurt | 18-23 | 19-23+ years |
| Chronological Age F | 13-16, Post Growth Spurt | 17-21 | 18-23+ years |
| Sport Years | 3-6 years | 5-7 years | 8+ years |
| Stage Objectives | Build Engine, Refine Skills, Advanced Race Skills | Perfecting Race Skills, Optimizing the Engine, learning the racing life | Gap Analyss, Earning Success, Life skills & Balance |
| NCCP Coaching Contexts | Intro to Comp | Comp Dev | Comp HP |
| Motor Skill | Mastered | Mastered | Mastered |
| Increase leg speed (approp. Leg speed) | Refinement | | |
| Balance | Refinement | | |
| Agility on Bike | Refinement | | |
| Technical Skills | Proficient - Mastered | Mastered | Mastered |
| Body Position Start | Refinement | | |
| Pedal Position Start | Refinement | | |
| Pedal Strokes | Refinement (>110rpm) | >120 RPM | >120 RPM |
| In saddle accel. | Refinement | | |
| Out of saddle accel. | Refinement | | |
| Group skills (contact with other riders, passing) | Consolidate & Refinement | Refinement | |
| Start | Consolidate | Refinement | |
| Gearing | | | |
| Cornering | Consolidate | Refinement | |
| Ascending | | | |
| High Speed Corners | Consolidate | Refinement | Refinement |
| BMX Skills and tactics (pump and roll, passing) | Consolidate & Refinement | Refinement | Refinement |
| Descend | Consolidate & Refinement | Refinement | Refinement |
| Wheelies and Manuals | Acquisition & Consolidate | | |
| Mount/Dismout | Consolidate & Refinement | Refinement | Refinement |
| Jumps and Drops | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Tactical Skills | Developing - National | Proficient - International | Mastered - International |
| Course Analysis (identify bottlenecks, high and low speed sections, start and finish) | Acquisition | Consolidate & Refinement | Refinement |
| Analysis of opponents and choose strategy | Acquisition | Consolidate & Refinement | Refinement |
| Self Analysis: Strengths and weaknesses | Acquisition | Consolidate & Refinement | Refinement |
| Team Relay Skills and Tactics | Acquisition | Consolidate | Refinement |
| Pace Management | Consolidate & Refinement | Refinement | Refinement |
| Drafting | Acquisition | Consolidate & Refinement | Refinement |
| Rules and Ethics | Acquisition | Consolidate & Refinement | Refinement |
| Pacing | Acquisition | Consolidate & Refinement | Refinement |
| Mental and Decision Skills | Developing - National | Proficient - International | Mastered - International |
| React to Crashes and maintain speed/position | Acquisition | Consolidate & Refinement | Refinement |
| Visualization | Acquisition | Consolidate | Refinement |
| Critical viewing of other races (live or video recording) for learning | Acquisition | Consolidate | Refinement |
| Focus/Refocus throughout race | Acquisition | Consolidate | Refinement |
| Develop ideal performance state routine (training zones using RPE, breathing and HR) | Acquisition | Consolidate | Refinement |
| Distraction Management/Emotional Control | Acquisition | Consolidate | Refinement |
| Performance on Demand | Acquisition | Consolidate | Refinement |
| Goal Setting | Acquisition | Consolidate | Refinement |
| Post training and racing recovery routine | Acquisition | Consolidate | Refinement |
| Physical | | | |
| Core Strength and Stability | Acquisition | Consolidate & Refinement | Refinement |
| Plyometrics | Acquisition | Consolidate & Refinement | Refinement |
| Wam up/Cool down specific to training and comp | Acquisition | Consolidate & Refinement | Refinement |
| FTP (20 min) | 5W/kg (M), 4.6 W/kg (W) | 5.5W/kg (M), 5.0 W/kg (W) | 6 W/kg (M), 5.4 W/kg (W) |
| Aerobic Pwr (3 min/ critical power) | 6 W/kg (M), 5 W/kg (W) | 6.5 W/kg (M), 5.5 W/kg (W) | 7 W/kg (M), 6.2 W/kg (W) |
| Anaerobic pwr (5 sec. max pwr) | 15 W/kg (M), 415 W/kg (W) | 17 W/kg (M), 15 W/kg (W) | 19 W/kg (M), 17 W/kg (W) |
| Short Term Work Capacity (30s Mean Maximal Pwr) | 8.5W/kg (M), 7.5 W/kg (W) | 9.5W/kg (M), 8.5 W/kg (W) | 10 W/kg (M), 9 W/kg (W) |
| Life Skills | Developing - National | Proficient - International | Mastered - International |
| Managing Travel: Nutrition and recovery | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Self Sufficient | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Managing expectations | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Resilience | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Problem Solving | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Communication | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Bike Maintenance | | | |
| Bike fit | Recommended with a professional | Recommended with a professional | Recommended with a professional |
| Bike Prep (washing, brake and derailleur adjustment knowledge, air pressure, bolt checks and tuning of suspension based on the course) | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Bike pack and rebuild (travel) | | | |
| Testing | Annually to semi annually at end of stage with clubs or coaches. | Semi Annually for targeted canadian development athletes | Semi Annually for targeted canadian development athletes |

Road Skills Development Grid

| Pathway Pathway Description | <i>Train to Train: Building the Engine</i> | <i>Train to Compete: Optimize Engine</i> | <i>Learn to Win: Maximizing Engine</i> |
|--|--|---|--|
| | Athletes at beginning of stage are working with their club, team or coach Build on Physical literacy and skills developed in L2T, follow YTP, 5-6 sessions/wk, 1.5-2.5 hr. sessions, Provincial racing, intro. to nationals near end of stage | Athletes are working with club/team/coach and participating in Provincial Programming. Athletes later in the stage are bridging to NextGen Focused training, individualized yearly training plans, 4-9 sessions a week, 10-17 hrs/wks., 3-5 hrs sessions, able to manage multiple consecutive long training sessions Perfecting race skills in higher level races, national champs, national series, provincial events, provincial champs, Jr./U23 World Champs, intro to international racing. | Athletes are bridging to the NextGEN program or fully immersed in the NextGen or National team programming. Professional &/or NextGen/National Team member. 6-10 sessions/wk, 16-20 hrs/wk, 2-4 hr sessions World Champs & Cups, National Champs, international championships and events. |
| Chronological Age M | 13-16, Post Growth Spurt | 18-23 | 19-23+ years |
| Chronological Age F | 13-16, Post Growth Spurt | 17-21 | 18-23+ years |
| Sport Years | 3-6 years | 5-7 years | 8+ years |
| Stage Objectives | Build Engine, Refine Skills, Advanced Race Skills | Perfecting Race Skills, Optimizing the Engine, learning the racing life | Gap Analyss, Earning Success, Life skills & Balance |
| | Intro to Comp | Comp Dev | Comp HP |
| NCCP Coaching Contexts | | | |
| Motor Skill | | | |
| Increase leg speed (approp. Leg speed) | Refinement | | |
| Balance | Refinement | | |
| Agility on Bike | Refinement | | |
| Technical Skills - Start & Stop | | | |
| Body Position Start | Refinement | | |
| Pedal Position Start | Refinement | | |
| First Pedal Strokes | Refinement | | |
| Technical Skills - Banking | | | |
| Min. Speed | Consolidate & Refinement | Refinement | |
| Low and High Lines | Consolidate & Refinement | Refinement | |
| Pace Line | Consolidate & Refinement | Refinement | |
| Technical Skills: Sprinting | | | |
| In saddle accel. | Refinement | | |
| Out of saddle accel. | Refinement | | |
| Contact with riders | Refinement | | |
| Tactical Skills | | | |
| Cornering Lines | Consolidate | Refinement | |
| Pacing | Consolidate | Refinement | |
| Mental and Decision Skills | | | |
| Use course layout to improve positioning | Acquisition | Consolidate & Refinement | Refinement |
| React to Crashes and maintain speed/position | Acquisition | Consolidate & Refinement | Refinement |
| Visualization | Acquisition | Consolidate | |
| Critical viewing of other races (live or video recording) for learning | Acquisition | Consolidate | |
| Focus/Refocus between ecents | Acquisition | Consolidate | |
| Develop ideal performance state routine | Acquisition | Consolidate | |
| Physical | | | |
| Core Strength and Stability | Acquisition | Consolidate & Refinement | Refinement |
| Plyometrics | Acquisition | Consolidate & Refinement | Refinement |
| Wam up/Cool down specific to training and comp | Acquisition | Consolidate & Refinement | Refinement |
| Life Skills | | | |
| Managing Travel: Nutrition and recovery | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Self Sufficient | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Managing expectations | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Resilience | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Problem Solving | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Communication | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Bike Maintenance | | | |
| Bike fit | Recommended with a professional | Recommended with a professional | Recommended with a professional |
| Bike Prep and care | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Bike pack and rebuild (travel) | Acquisition & Consolidate | Consolidate & Refinement | Refinement |
| Testing | Annually to semi annually at end of stage with clubs or coaches. | Semi Annually for targeted canadian development athletes | Semi Annually for targeted canadian development athletes |

| | ATHLETE | COACH |
|-------------------|---------|--------|
| | RATING | RATING |
| | LEGEND | LEGEND |
| World Class | 5 | 5 |
| Above Expectation | 4 | 4 |
| Average | 3 | 3 |
| Below Average | 2 | 2 |
| Poor | 1 | 1 |

PODIUM PERFORMANCE TOOLBOX

BOTH COACH AND ATHLETE SHOULD PROVIDE A RATING FOR EACH AREA BELOW. ATHLETE RATES THEMSELVES FIRST.

Athlete Name XXXX
Date XXXX

| | ATHLETE | COACH | |
|--|--|--------|---|
| | Rating | Rating | |
| Mental/Cognitive Performance Factors: | | | |
| 1 | Mental performance at national level competitions | 3 | 3 |
| 2 | Mental performance at international level competitions | 0 | 3 |
| 3 | Athlete has a structured mental performance plan - reliable, consistent and adaptable | 4 | 2 |
| 4 | Mental performance plan is integrated into the athlete's daily training | 4 | 2 |
| 5 | General level of happiness on/off the bike | 3 | 3 |
| 6 | Ability to focus on fundamentals when under pressure | 4 | 3 |
| 7 | Athlete establishes daily and weekly goals for training. | 3 | 2 |
| 8 | Athlete functions well in the National Team environment with a variety of athletes (training camps and competitions) | 4 | 3 |
| 9 | Athlete is able to work with NT Coaches at major events when needed (i.e. Olympic Games) | 2 | 3 |
| 10 | Athlete is able to handle the demands of living on the road with ease (i.e. hotels, food, jet lag, long car travel) | 3 | 3 |
| 11 | Athlete usually knows why they won or lost | 5 | 3 |
| 12 | Athlete is able to keep winning/losing in perspective | 3 | 3 |
| 13 | Athlete expects obstacles and difficulties and is prepared to work through them | 3 | 3 |
| 14 | Athlete prepares for the event with an 80% uncomfortable, 20% comfortable mindset | 1 | 3 |
| Physiological Performance Factors: | | | |
| 15 | Basic health (can be monitored with blood tests) | 1 | 2 |
| 16 | Functional Movement Screen - performed by NT physiotherapist | 5 | 4 |
| 17 | Training emphasizes the improvement of overall training capacity throughout the athletes career. | 5 | 3 |
| 18 | Can consistently complete 3x4 hour endurance rides in addition to other specific training when appropriate for training plan | 4 | 3 |
| 19 | 20 Min Critical Power - (Men- over 5.6watts per KG) (Women - over 5.2 watts per KG) - Coggan | 3 | 3 |
| 20 | 5 minute Critical Power - (Men over 6.9 watts/kg) (Women - over 6.0 watts per KG) - Coggan | 0 | 0 |
| 21 | 5 second Maximal Power (Men over 22 watts/KG) (Women - over 17.70 watts per KG) - Coggan | 0 | 0 |
| 22 | Athlete has complete Cycling Canada lab testing protocols/data collection (see NT Coach for details) | 0 | 0 |
| Technical Performance Factors: | | | |
| 23 | Overall technical skill level | 4 | 3 |
| 24 | Technical skill at speed, under pressure when fatigued (i.e. technical ability when racing hard) | 4 | 3 |
| 25 | Ability to learn new skills or learn to ride new technical features quickly | 4 | 3 |
| 26 | Drops/Jumps on a descent | 3 | 3 |
| 27 | Steep, rocky, technical descents (i.e. Beatrice) | 3 | 3 |
| 28 | Cornering - bermed turns, "flat" turns with little traction, wet/muddy turns | 4 | 3 |
| 29 | Steep technical Climbing | 5 | 3 |
| 30 | Step-ups on climbs | 5 | 3 |
| 31 | Bunny hops | 3 | 3 |
| 32 | Manualls | 3 | 0 |
| 33 | Peddalling technique - suppleness, leg speed | 4 | 3 |
| 34 | BMX Skill level! | 3 | 2 |
| 35 | Smooth and efficient cyclocross style mounts/dismounts | 3 | 3 |
| 36 | Has a race fuelling and hydration plan that was created in consultation with nutritional expert | 1 | 3 |
| 37 | Athlete is light on their bike (in a technical skills sense) | 4 | 3 |
| Tactical Performance Factors: | | | |
| 38 | General tactical ability and awareness | 5 | 3 |
| 39 | Confidence in a sprint finish | 5 | 3 |
| 40 | Ability to read a race course and my competitors and then predict how the race will probably unfold. | 5 | 4 |
| 41 | When faced with an unexpected situation in a race, I can adapt quickly and effectively | 4 | 3 |
| 42 | I know how to use course features and wind to create tactical advantage. | 5 | 3 |
| 43 | I can start fast in a mountain bike race and quickly establish good position | 5 | 4 |
| 44 | Confidence moving aggressively through a large group of riders | 5 | 3 |
| 45 | Ability to utilize pacing/strategic information provided by coach | 3 | 3 |
| 46 | Rider has strategic competition selection plan that earns rider enough points to secure good starting position in WC's | 1 | 1 |
| 47 | Rider has considerable road racing experience | 4 | 2 |
| 48 | Fights for each wheel in the race. Does not allow others to pass without being combative or riding their wheel. | 3 | 1 |
| 49 | Tactical sense is deeply ingrained. So much practice in training and racing that tactics become 2nd nature. | 5 | 3 |
| 50 | Confidence letting others do the work while waiting for the best chance to make a move. | 4 | 3 |
| 51 | Confidence and efficiency in a paceline | 4 | 3 |
| 52 | Confidence and efficiency in an echelon (cross wind situation) | 4 | 3 |
| Daily Training Environment: | | | |
| 53 | Able to ride outside for the majority of the year | 4 | 5 |
| 54 | Able to train on off-road terrain that matches the demands of the sport (World Cup level technical terrain) | 5 | 5 |
| 55 | If in a winter location, athlete is able to make frequent trips to optimal weather conditions | 4 | 5 |
| 56 | Coached training environment (3-4x/week) for the majority of the year | 5 | 3 |
| 57 | Training partner(s)(3-4x/week) | 5 | 2 |
| 58 | Access to video feedback | 1 | 2 |
| 59 | Athlete uses Power measurement for the majority of workouts | 1 | 0 |
| 60 | Athlete uses a Heart Rate monitor for the majority of workouts | 1 | 0 |
| 61 | Takes time to focus on specific mountain bike driving skills (3-4x/week) | 5 | 1 |
| 62 | Access to local racing opportunities (road and mtb) | 5 | 4 |
| 63 | Access to weekly group rides when appropriate for training plan (road and mtb) | 3 | 2 |
| 64 | Athlete is accountable for sending training files to coach for analysis on a daily basis | 3 | 2 |
| 65 | Athlete provides written feedback/comments for all workouts to give context to each training file | 4 | 3 |
| 66 | Athlete's condition/state of readiness is monitored 2-3x/week (i.e. HRV or Rusko). | 2 | 1 |
| 67 | Athlete speaks with coach about the overall training process and direction 1-2x/week | 3 | 2 |
| Other | | | |
| 68 | Athlete has an adequate amount of financial/sponsor support to achieve their goals | 2 | 2 |
| 69 | Athlete has access to a bike that is an optimal combination of minimal weight, reliable parts and performance | 5 | 5 |
| 70 | Athlete's work ethic, desire, level of commitment | 4 | 4 |
| 71 | Athlete understands the course demands for goal races this season | 4 | 4 |
| 72 | Athlete has been screened for asthma | 1 | 1 |
| 73 | Athlete has good eye sight | 3 | 3 |