

NEWSLETTER & OVERVIEW



Overview

Cycling Canada, along with 94Forward and Cycling BC, is piloting a regional strategy in the Victoria Capital Regional District (CRD) that will create a regional cycling hub. The foundations of the regional hub are framed in the national and provincial strategy to build community, put kids on bikes, grow through events, and create gracious champions.

A primary objective of the Victoria CRD Hub is to link all levels of the sport and connect as much with the local community as it is about enhancing the development of elite athletes. Hub programming will include HopOn, community coach training, competition coaching, athlete training, and links to National Team programs.



Exciting Events

We endeavour to produce and facilitate events that genuinely get our community excited about our sport; and stimulate new interest while supporting pathways for our athlete, coaches and officials. We continue to support existing events, enter new markets & identify and meet gaps in the system.



Grassroots

As we strengthen our ties to our community, we aspire to collaboratively build partnerships with clubs, athletes, coaches and facilities. While also expanding the reach of HopOn and engaging in new partnerships wherever we can.



Gracious Champions

Involvement of athletes and coaches in HUB programming and activities to help develop athletes to the world stage and lifelong ambassadors to our community.

Visit cyclingbc.net/vichub for more information

WINTER UPDATE



Coach & Athlete Development Camp

The HUB and CBC hosted a multiple stream development camp for elite athletes beginning their coaching development, experienced coaches across the community, and aspiring athletes from across the province.

In the mornings CBC Head Coach Joel Harwood with support from multiple experienced and local coaches, lead a group of 20 elite athletes from across the province through coaching courses and collaborative sessions.

Then in the afternoon those newly trained coaches lead aspiring athletes through technical & tactical training sessions.



Jordie Lunn Park

The future home of the Victoria HUB will be at the Jordie Lunn Park Clubhouse, which is schedule to open in August 23. The facility will be a focal point of the park, providing space for the community to connect with other cycling enthusiasts of all ages.



HUB Training Group



Over the fall and winter months the HUB offered a training group for coaches and athletes designed to complement and enhance the development of the individuals in their local clubs, teams, and with their individual coaches.

Lead Coach, Houshang Amiri, along with Joel Harwood, Patrick Nolan, Adam Walker and Merin Pearce, helped enhance the development for over 20 athletes via weekly rides, monthly endurance camps, information sessions, strength & conditioning via CSIP & Spedmechanics, as well as CSIP education series in nutrition, physiology and sport psychology.

Then programming will now be shifting to the Spring & Summer block and how to help support the athletes over the next development block.

Visit cyclingbc.net/vichub for more information

WINTER TO SPRING



CC Victoria DTE Camp

CC National Team recently held a weeklong training camp in Victoria, BC led by National Team coach Catharine Pendrel. The camp benefitted from access to multiple trail networks as well as the Canadian Sport Institute to provide a variety of learning opportunities and connections with performance services, including S&C, sport psychology and nutrition.

Taking advantage of recent trail upgrades (at Jordie Lunn Bike Park, Scafe and the expansion at Hartland) along with support of local coach Adam Walker. The camp focused on skills, trail intervals on varying terrain in repeating loops where coaches could see riders multiple times. Taking advantage of having a large group of top national team athletes together to practice pack dynamics with National Team Coach and Road Lead Nigel Ellsay.

The camp wrapped up with a pre-ride of the Island Cup course on Saturday with riders supporting each other to learn the course quickly then lining up Sunday for the local race event with their cycling community.

For World Cup racers, having low pressure fun events can be really important learning opportunities to practice their craft when fresh or fatigued. They are also an important reminder of the fun community atmosphere that got us all hooked on the sport, a brilliant way to wrap up a solid week.



Ontario Cycling Camp

The HUB will be hosting an Ontario Cycling Association training camp for targeted MTB athletes March 26 - April 6.

Athletes will work on technical/tactical skills, endurance work and interval aerobic training for capacity and efficiency. The camp will be lead by national team coach Rob Holmgren and assisted by Roxy Slotegraaf and local coaches. The camp will create an immersive high performance training environment where athletes are expected to bring a professional approach to on and off-bike training sessions via CSIP.



Track Nationals

HUB & local club athletes training with HUB Lead coach Houshang Amiri & Tripleshot coach Lister Farrar, at the Westshore Velodrome. Athletes and coaches will travel and compete for National honours at the 2023 Canadian Track Championships.

The event will be hosted in Bromont Quebec starting March 31st to April 4th.



Visit cyclingbc.net/vichub for more information

SPRING FORWARD



Events & Grassroots

Looking forward to warmer weather and many exciting events supported by the HUB:

- Multiple HopOn Fleets, both in and after school to get kids on bikes.
- High School MTB Academy
- Victoria Cycling League
- Island Cup Enduro
- BC Crit Provincials
- Cross Nationals
- Langford Cycling Festival
- And many more to come!



Victoria Youth Cycling Experience

The 2nd edition of the Victoria Youth Cycling Experience (VYCE) will be taking place from August 14-19, 2023.

Registration will be open in April. The event will consist of multiple disciplines (road, track, and mountain bike, etc.), development components, networking, and racing for Canada's young cyclists, ages 12-19, and the coaches who support them.

Future Champions

The 2023 edition of the Future Champions Camp will follow the successful 2022 camp format, combining races and coaching in an ideal 'summer camp' setting.

Nigel Ellsay returns as a senior coach this year, teaming up with Richard Wooles, Aidan Caves and sister Gillian Ellsay. The camp begins with a racing session on the technical Vancouver Island Motor Circuit. In addition, a criterium and circuit road race will provide coaches with additional opportunity to coach in real racing situations.



Pathfinders Project

Currently there are many financial barriers for athletes to compete at the elite level of cycling, especially for marginalized communities. This significantly limits and excludes the diversity, inclusion, and visibility of all participants. The Pathfinder Project will create opportunities for marginalized communities and give visibility to those who have progressed in the sport despite these barriers and celebrating their journey.

The Pathfinders Project will compete at the elite level and participate in community level events. Amiel Fleet-Brown will guide the group with support from the HUB to create an elite indigenous led group, that brings visibility to inclusion and diversity.

Visit cyclingbc.net/vichub for more information