

Development Program **2009 – 2010**



The MCA Development Program is aimed at introducing young athletes to competition and structured training in several cycling disciplines. This program builds upon the fundamental skills of general sport movement and basic cycling learnt in our grassroots program (Kids of Mud) and from other sports. Athletes are introduced to the different aspects of training (physical, motor, technical, mental, nutrition, etc), and how to compete in multiple cycling disciplines. This program works towards facilitating athletic growth and development in multiple cycling disciplines, preparing athletes for competition in age-appropriate Manitoba races. This program is the link from our Kids of Mud fundamental programs to the Performance Program.

This program is open to athletes 13-18 years of age (as of December 31, 2010) who are interested in competitive cycling. Training takes place four days per week during the winter (November to April) and four to five days per week in the summer (May to September). Athletes will compete in all road and mountain bike events during the summer, and are required to have both a road bike and mountain bike. Athletes outside of Winnipeg are encouraged to join the program, as arrangements will be made so that training can be done through their clubs or on their own.

Program Requirements

- 1) Attend minimum of 2 of the 4 road & MTB provincial championships (MTB, Road, Crit, ITT)
- 2) Complete Volunteers requirements
 - a. Number of spots required dependent on athlete numbers in programs
 - b. Bingos: ~ 2-3 spots from 10 bingos (Nov '09 – Sept '10)
 - c. Tues Criterium Series: Marshall for races, ~1 spot every two weeks
 - d. Other fundraisers - TBD
- 3) Must be a member of the Manitoba Cycling Association in good standing, with UCI racing license
 - a. No outstanding debts
 - b. No provincial program suspensions
- 4) Follow Manitoba Provincial Program Athlete Agreement Policy

Program Cost

- 1) Full Season (November 2009 to September 2010): \$400
- 2) Summer Season (May to September 2010): \$250

For more information about the MCA Development program, please contact:

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