

Performance Program

2009 – 2010



The MCA Performance Program is aimed at preparing athletes to compete and win at Provincial and national level events, building upon the knowledge and skills gained in the development program. Athletes who are members of this program have shown competitive results in Manitoba races. The objectives of this program are to increase an athlete's experience and knowledge through provincial and out-of-province competitions, and qualifying for provincial and national teams. This program is the link from the Development Program to the High Performance Program.

Training occurs 5 days per week during the winter (November to April) and the summer (May to September) with Certified NCCP coaches. Athletes are expected to complete many training sessions on own in addition to group training sessions. Athletes will compete in all road and mountain bike events, and are required to have both a road bike and mountain bike. Athletes outside of Winnipeg are able to arrange training programs that can be done through their clubs or on their own.

Program Prerequisites:

- 1) Age: 15 - 22 (as of December 31, 2010; or Provincial Program Committee Approval for exceptional young talent)
- 2) Equipment: Road & Mountain bikes
- 3) Current Racing Categories
 - a. Espoir Males: Cat 3 (Road) or Elite (MTB)
 - b. Junior Males: Cat 3 (Road) or Expert (MTB)
 - c. Cadet Males: Cat 4 (Road) or Expert (MTB)
 - d. Espoir Females: Cat 4 (Road) or Elite (MTB)
 - e. Junior Females: Cat 4 (Road) or Expert (MTB)
 - f. Cadet Females: Cat 4 (Road) or Expert (MTB)

Program Requirements

- 1) Must be coached by a NCCP certified coach
- 2) Athletes must submit their yearly training plan to provincial program committee, as well as provide monthly feedback on their training
- 3) Wear current Team Manitoba Clothing at designated Provincial Program events
- 4) Attend minimum of 3 of the 4 road & MTB provincial championships (MTB, Road, Crit, ITT)
- 5) Complete Volunteers requirements
 - a. Number of spots required dependent on athlete numbers in programs
 - b. Bingos: ~ 3-4 spots from 10 bingos (Nov '09 – Sept '10)
 - c. Tues Criterium Series: Marshall for races, ~1 spot every two weeks
 - d. Guest rider at KOM ride: 1-2 KOM rides per month to promote Provincial Programs
 - e. Other fundraisers - TBD
- 6) 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
- 7) Follow Manitoba Provincial Program Athlete Agreement Policy
- 8) Paid the \$150 Performance Bond at start of season

Program Benefits

- 1) Winter Training Facility
- 2) Yearly, Weekly Group Training Plans
- 3) Regular training sessions with other Provincial team athletes
- 4) Transportation to training sessions and races outside of city of Winnipeg
- 5) Represent Team Manitoba at provincial team sanctioned projects
- 6) Free Tuesday Criterium Entry Fees
- 7) Access to MCA Race Equipment
- 8) Funding support for Provincial team sanctioned projects
- 9) Provincial support to expedient Sport Medicine & Physiotherapy access
- 10) Testing using MCA Powertap wheels and Computrainers
- 11) Strength and Conditioning plans and coaching

Program Cost

- 1) Full Season (Mid-November 2009 to Mid-September 2010): \$700
 - 2) Summer Season (May to September 2010): \$400
- All athletes will be required to pay a \$150 performance bond at start of program. This bond will be used to ensure that all program requirements are fulfilled. Athletes who fulfill all requirements will have performance bond returned along with accumulated interest.

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

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