



Provincial Program- Annual Report
 Annual General Meeting
 November 15, 2021

MCA Director	Don Rose – Committee Chair Mary Prendergast - Coach
Accomplishments	
<p>MCA Summer Youth Camps:</p> <ul style="list-style-type: none"> - 4 weeks of training camps, lead by Aaron Carter with the support of Provincial Team athletes hired thru the Urban Green Team grant. <p>Pre-Devo Program:</p> <ul style="list-style-type: none"> - Aaron Carter ran a structured program for athletes who are interested in joining the Development team. This allowed athletes to gain additional training with makes the transition from KOM to the Development team smoother, and allows the athlete to have more one-on-one coaching as the program has a smaller number of athletes then if they were to jump directly into the Provincial Program <p>Spring/Summer Training and Camps</p> <ul style="list-style-type: none"> - After the Covid Restrictions were lifted the team was able to train in person again. We resumed in person training by heading to the Asessippi Mountain Bike Park for the weekend. Training was able to follow a set, normalized in person schedule, and weekend trips to different Mountain Bike Trails were hosted throughout the summer - There were 2 training camps for the members of the Provincial Team. The first one was road camp in Riding Mountain National Park. There were 14 athletes that attended, 1 coach, and 2 parent support staff. The second camp was an out of province project to Alberta. The athletes got to ride both mountain and road bikes and competed in Canmore at the Alberta Provincial Championships. We had a great showing from our 	

athletes, with podium finishes for every category they competed in

Size of the Program

- The provincial team currently has 21 athletes of those 21 athletes, 16 are currently eligible for the Canada Summer Games in 2022

New Staff and Community Support

- The Provincial Program has added a part time coach, Trevor Allen, to help with program structuring and training plan organization. His primary focus will be to assist with the athletes who are eligible for the Canada Games, so they are in peak competing form
- Many members from the Manitoba Cycling community attended team rides to help with any splits in the group, as well as provided training benefits for the athletes. These members would assist by joining interval sessions, help teach bike handling sessions, and be additional adult support on longer endurance rides

Issues Resolved	
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Minimal Staffing

- Trevor Allen has been brought in as a second coach to help cover off additional workload
- Old Provincial team athletes, and the Manitoba Cycling community volunteers to help assist with training rides

Covid Restrictions

- Bulk order of gym equipment was purchased at the beginning of the year so that athletes could continue to strength train over the winter while gyms were closed. All athletes now have access to weights and other equipment at home, this allowed them to follow a structured strength program even when the gyms were closed
- Virtual training was done online through Zwift meet-ups. Training plans were provided to the athletes so the appropriate workout was being completed even though group training could not be held in person

Goals for Next Year	
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Projects/ Race Experience

- Building off the training completed in 2021 the goal for 2022 for the Provincial Program is to provide valuable race experience for all athletes. With the lack of racing for the past 2 years most athletes have yet to experience racing outside of Manitoba and in a large, competitive field
- Opportunities to attend out of Province Projects will be provided through the Provincial Program to allow the athletes to gain valuable race experience that will help them as they further their cycling career

2022 Canada Summer Games

- Currently have 16 eligible athletes for Canada Summer Games. The goal from the Provincial team is to bring a complete, competitive team of athletes to Niagara 2022

Grow the Size of the Provincial Program

- This past season the Provincial Program has added 3 new riders to the program. The goal for next year is to continue the growth of the program.