



# Targeted Athlete Program

## Ontario High Performance Sport Initiative

### **What is the OHPSI Program?**

The Ontario High Performance Sport Initiative (OHPSI) is a program run through the Canadian Sport Institute Ontario (CSIO) to develop and enhance a world-class high-performance athlete and coach development system in Ontario. Through this initiative, Ontario Cycling is able to obtain resources, including access to sport science expertise, financial support, facilities, and equipment, to enhance our high-performance system. This system is created in alignment and partnership with Cycling Canada using the same sport science practitioners and creating joint initiatives to help facilitate athlete progression towards national team programs.

### **What is Ontario Cycling's role with the OHPSI program?**

Ontario Cycling, in accordance with its agreement with the Canadian Sport Institute Ontario [CSIO], is responsible for identifying targeted athletes who are demonstrating potential for international success at the senior national level. Identified athletes are prioritized for various Ontario Cycling training/support initiatives and are eligible to access CSIO sport science services. To ensure effective integration of support services, it is imperative to have a clear understanding of athlete health/lifestyle, training plans, and identification of gap areas. As a result, there are specific requirements for athletes and their coaches that need to be agreed to should an athlete agree to be part of this programming.

### **What are the Targeted Athlete Pools?**

Ontario Cycling uses three (3) athlete pools to identify its targeted athletes. These pools are focused on athletes aged 14-22 [exception for para-athletes and exceptional circumstances on case by case basis].

**Provincial Performance Pool** – Athletes in this pool have demonstrated the potential for international success through achieving key performance results (international or top national results), time standards, or a combination of physiological metrics, rate of progression, and recommendation of provincial/national coaches.

**Provincial Development Pool** – Athletes in this pool are tracking towards the Performance Pool by demonstrating performance results in younger age-based categories (U17/U15), meeting age-based time standards, or combination of physiological metrics, rate of progression, demonstrated commitment to training/competition under direction of a coach, and recommendation of provincial/national coaches.

**National Transition Pool** – Athletes in this pool have moved through most provincial programming and potentially the Performance Pool but have not yet met the requirements to be Sport Canada carded or selected into a Cycling Canada program directly out of junior. These athletes are actively competing internationally and continuing to track towards representing Team Canada at the World Championship level.

### **What are the benefits of being in the Targeted Athlete/OHPSI program?**

Each athlete pool has different levels of support with the most support being provided to the Provincial Performance Pool. Athlete benefits include access to sport science services [health assessments, mental health support, physiological testing, etc.], priority selection to training camps/programs, financial assistance/direct financial support for training/competition, invitation to athlete education workshops, etc. A list of specific benefits can be found in Appendix A.

### **What are the requirements to be part of the program?**

Athletes are selected based on approved criteria (see below). Additionally, athletes are required to complete specific courses relating to safe sport and anti-doping and commit to attending/submitted the identified health assessments, annual training plans, and ensuring on-going communication (athlete & coach) with Ontario Cycling staff. This ensures we are able to quickly address or prevent health/performance issues from arising, help with program planning (i.e. coaches looking to integrate strength training or testing), and help identify areas of strength/improvement. Athletes that are in the U17/U19 age categories are also required to represent Team Ontario if selected.

### **How are athletes selected?**

In previous years objective criteria were applied to all athletes and those that met the criteria were invited into the program. This year, we will be implementing an application process in an effort to help identify athletes using both objective and subjective criteria and ensure we are involving athletes/coaches that are committed to improving their athletic potential. There is significant cost and investment in the services provided and it is crucial to have athlete/coach commitment to working with OC staff and sport science practitioners.

Selection criteria can be found in Appendix B. Criteria and athlete selections are reviewed and approved by the OC High Performance Committee.

### **What is the Application Process and Timelines?**

Apply online [HERE](#) [Deadline October 3, 2024]

Athletes notified [October 11, 2024]

### **Are there any additional in-take periods?**

Yes. Athletes may be invited into the program based on performance results, time standards, or physiological testing results during the year.

## Appendix A

### Program Benefits Summary

Service/Support	National Stream	Provincial Performance	Provincial Development
Training/competition subsidy support [\$2000]	\$500	\$2000	\$500
Athlete Health Assessment [required for Provincial Pool] <ul style="list-style-type: none"> <li>○ Medical Intake including Blood Panel review</li> <li>○ Movement Screening</li> <li>○ Concussion Baseline Testing</li> </ul>	No [some assessments as identified]	Yes	No [some assessments as identified]
Access to individual sport science services <ul style="list-style-type: none"> <li>○ Strength and Conditioning – programming/monitoring and facility access</li> <li>○ Nutrition support – access to nutritionist for consultation and monthly check-in</li> <li>○ Mental Performance - access to mental performance consultant</li> </ul>	Limited	Full Access [as identified by coach and OC Sport Science Lead]	Group Based/Limited
Access to performance testing [based on coach identified needs] <ul style="list-style-type: none"> <li>○ SRM Testing</li> <li>○ VO2Max</li> <li>○ Body Composition</li> <li>○ Metabolic Assessments</li> </ul>	Limited	Priority	Limited
Coach PD and Support [Athlete’s Coach] <ul style="list-style-type: none"> <li>○ Free entry to OC Coach Conference</li> </ul>	No	Yes	Yes

<ul style="list-style-type: none"> <li>○ Costs covered for NCCP Evaluation (to obtain certification)</li> <li>○ Assistance with YTP development, review/input from sport science staff</li> <li>○ Assistance with programming assistance (i.e. integration of S+C)</li> </ul>			
<p>Selection/Access to OC Endurance Camp [February; Spain – tbc]</p>	<p>Priority Selection and \$250 travel credit</p>	<p>Automatic selection and \$500 travel credit</p>	<p>Priority Selection and \$250 travel credit</p>

## Appendix B

### Selection Criteria

The selection process will use both objective and subjective criteria. The following charts outline the criteria used to evaluate athlete applications.

	National Stream	Provincial Performance	Provincial Development
<b>TRACK</b>	<ul style="list-style-type: none"> <li>U23 Athletes selected to represent Canada at a UCI Race Event</li> <li>Athlete Meeting Cycling Canada Elite B Time Standards</li> </ul>	<ul style="list-style-type: none"> <li>Athletes selected to represent Canada at U19 World Championships</li> <li>U19 Athletes meeting Cycling Canada Junior A Time Standards</li> </ul>	<ul style="list-style-type: none"> <li>Top 3 at U17/U19 National Championships</li> <li>Athletes meeting Cycling Canada Junior B Track Standards</li> </ul>
<b>MTB</b>	<ul style="list-style-type: none"> <li>Top 5 at U23 Nationals [If less than 12 riders, top 30% + approval of HP Committee]</li> <li>U23 Athletes selected to represent Canada at UCI Race Event</li> </ul>	<ul style="list-style-type: none"> <li>Top 5 at U19 Nationals [If less than 12 riders, top 30% + approval of HP Committee]</li> <li>U19 Athletes selected to represent Canada at a UCI Race Event</li> </ul>	<ul style="list-style-type: none"> <li>Top 10 at U19 Nationals [If less than 12 riders, top 30% + approval of HP Committee]</li> <li>Top 8 at U17 Nationals [If less than 12 riders, top 30% + approval of HP Committee]</li> <li>Top 5 at U17/U19 Canada Cup [If less than 12 riders, top 30% + approval of HP Committee]</li> </ul>
<b>ROAD</b>	<ul style="list-style-type: none"> <li>Top 5 at U23 Nationals (ITT/RR) [If less than 12 riders, top 30% + approval of HP Committee]</li> <li>U23 Athletes selected to represent Canada at UCI Race Event</li> </ul>	<ul style="list-style-type: none"> <li>Top 5 at U19 Nationals (ITT/RR) [If less than 12 riders, top 30% + approval of HP Committee]</li> <li>U19 Athletes selected to represent Canada at UCI Race Event</li> </ul>	<ul style="list-style-type: none"> <li>Top 10 at U19 Nationals (ITT/RR)</li> <li>Podium performance results in nationally sanctioned race + HP Committee Approval</li> </ul>
<b>PARA</b>	<ul style="list-style-type: none"> <li>Athlete selected to represent Canada at a UCI Race Event</li> <li>Meeting National A/B time standards</li> </ul>	<ul style="list-style-type: none"> <li>Meeting National B standards</li> <li>Top 3 at Road Nationals and meeting National Development standard [Min. 5 competitors]</li> </ul>	<ul style="list-style-type: none"> <li>ID athletes by CC/OC Coach recommendation. Consideration towards, athletes talent transfer, demonstrated commitment to training (YTP/Coach/Equipment), involvement in OC camps/programs</li> </ul>

<b>BMX</b>	<ul style="list-style-type: none"> <li>• Top 3 U23 Nationals [less than 12 competitors requires top 30% + HP Committee approval]</li> <li>• Athletes selected to represent Canada at U23 UCI Race Event</li> </ul>	<ul style="list-style-type: none"> <li>• Top 3 at 16X/Junior Nationals [Less than 10 riders requires top 2 + HP Committee]</li> <li>• Athletes selected to represent Canada at UCI Race Event</li> </ul>	<ul style="list-style-type: none"> <li>• Top 3 at 14X/15X Nationals [Less than 10 riders requires top 2 + HP Committee approval]</li> <li>• Top 5 at 16X/Junior Nationals [Less than 12 riders requires top 30% + HP Committee approval]</li> </ul>
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**Notes:** Meeting the criteria does not guarantee selection into the OHPSI Program. Athlete selection will be finalized by Ontario Cycling and Cycling Canada High Performance staff and committees. Consideration will be placed on athlete commitment to the sport and maintaining level of training required for success at international levels.

### Additional Athlete Selections

Additional athletes may be selected into any tier based upon the strength of their application and/or recommendation by provincial/national coaches. The purpose of this initiative is to help capture athletes who may not have achieved the performance criteria for a variety of reasons and/or have demonstrated other characteristics/performances/behaviours that are reflective of high performance potential.

The following chart represents how athlete applications will be evaluated. For para-cycling athletes, consideration will be given beyond the listed areas with consideration towards depth of field in classification, sport experience (para or able), and demonstrated commitment to being a high performance athlete.

	<b>National Stream/Provincial Performance</b>	<b>Provincial Performance/Provincial Development</b>	<b>Provincial Development</b>
<b>Coaching and Monitoring</b>	Certified coach in place with clear annual training plan and monitoring process in place (i.e TrainingPeaks)	Certified Coach in place. Evidence of a general training plan. Belong to a club/team with regular training  Annual Training in place.	Working with a coach. No clear annual planning or evidence of periodization. May or may not be involved with a club/team

<b>Annual Training Hours</b>	700+	600+	550+
<b>Performance Results</b>	Competitive results at international levels (i.e. top 30% of field)	Competitive Results at national levels (i.e. top 10s)	Competitive Results at Provincial level (i.e. podium)
<b>Additional Considerations</b>	<p>Physiological metrics reflective of international performance potential</p> <p>Annual improvement in performance, times, technical proficiency</p> <p>Race experience/exposure at national and international competitions</p>		