



**PACIFIC CYCLING  
CENTRE**



**PACIFIC CYCLING/RUSS HAYS  
DEVELOPMENT PROGRAM  
2012-2013**

**PROGRAM DESCRIPTION  
AND  
SELECTION CRITERIA**

**PART 1 OF THE 2012-2016  
QUADRENNIAL PROGRAM**

**HOUSHANG AMIRI  
September 2012**

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## History

The Pacific Cycling Centre was established in 1996. Formerly known as the “National Cycling Centre,” it was a ‘charter member’ of the Commonwealth Centre for Sport Development, which later became PacificSport and then the Pacific Institute for Sport Excellence (PISE).

As the home base for the Pacific Cycling Centre, Victoria has many advantages. Its moderate climate allows for uninterrupted, year-round riding. It has good roads, with varied terrain and little traffic compared to Canada’s more densely populated urban Centres.

As well, Victoria is the only community in Canada with a velodrome, a world-class BMX track and excellent off-road mountain biking trails that can be ridden year-round.

The Centre has created the most successful training environment in Canada and has earned the steady support of the community and corporate sponsors such as Action Motorcycles.

PCC has partnered with Russ Hay’s Bikes and Specialized Canada on the talent development program. They will supply bikes, clothing and race support for the athletes. Russ Hay’s has been servicing cycling enthusiasts in Victoria and Sidney, BC for 53 years. It is a premier full-service shop that stocks a wide range of bikes, components and accessories. Their support of the local cycling industry is well known and PCC is proud to have them support the development program.

## The Program

### Acronyms

Abbreviations used in this document include:

PCC	Pacific Cycling Centre (also referred to as the ‘Centre’)
PS-V	PacificSport –Victoria
CSC-P	Canadian Sport Centre – Pacific
LTAD	Long Term Athlete Development
YTP	Yearly Training Plan
RH	Russ Hay’s

### Vision

The PCC is a nationally and internationally recognized, results-oriented high performance training centre for elite cyclists, which measures itself against the best in the world while linking closely with the local cycling community.

### Goal

The long-term goal is to produce a consistent stream of Olympic podium performances in all cycling disciplines.

## **Summary of Services**

The PCC provides development programs for a select group of athletes (men and women) in the U19 & U17 as well as in the first year of U23 age groups who have the potential to move to elite categories and eventually to represent Canada at World Cups, World Championships and major international games in the next two quadrennials. The program is designed to assist these athletes in developing their physiological, technical, tactical and mental skills for competition at the elite level.

Athletes accepted into the program will have access to the highest quality professional coaching and training in a peer group setting and training camps, regular physiological testing, and support at competitions.

Athletes from road, mountain bike, and track will work together in a team atmosphere to push their limits and achieve new levels of performance.

Personalized annual training programs and individual Yearly Training Plans (YTPs) will be prepared each year and supported with individual consultation and feedback.

Several training camps with specific training objectives will be scheduled throughout the early part of the training season. One-to-one coaching and consultations are provided as required. Supervised training sessions in the preparation phase will identify each individual athlete's needs. All training sessions will be monitored and will use Power Meters and heart monitors. Athletes need to have their own Power Meter or can use one from the Centre at an extra cost. On-bike assessment will be provided.

## **Program Start Date**

The program starts on November 12, 2012 and ends October 30, 2013

## **Coaching**

Professional coaching, leadership and mentorship are key benefits to joining PCC training programs. Athletes will progress through a planned approach to training and through consistent feedback, instruction and communication with the coach in charge of the programs. Our experienced coaches understand the importance of a graduated training plan based on the LTAD model. Our coaching is built on a foundation of trust, risk, and commitment. As an athlete you are constantly looking to improve your skills and knowledge. We expect the same of our coaches. All of our coaches are involved in mentorship programs and are continually making innovations through PCC brain storming sessions.

As coaches we take time to get to know our athletes as individuals. We will take you far beyond the training plan: from nutrition to recovery, from fitting training into your daily life, to how you envision your next race.

The perfect plan is built through commitment and trust. We have to get to know you – as an athlete and individual – your goals, your skills, and how the sport fits with your life. Feedback, training reports, power data, and race performances are all ways we personally and scientifically learn about you.

The commitment of PCC coaches is, first and foremost, to you, the athlete. No matter your level or objectives, we work with you and for you.

Houshang Amiri, Chartered Professional Coach (ChPC), is the head coach and director of the Centre and is involved directly with the training programs. He has coached Road, Track and MTB athletes at the international level for over 15 years as a Coach at the National Cycling Center in Victoria BC, and as National Coach for Cycling Canada. He has worked with and assisted Canadian Cyclists to three Olympic Games and over 10 UCI World Championships. He coached many top Canadian athletes to Podium finishes at UCI world cup and World Championships and major games including Erinne Willock, Svein Tuff, Max Plaxton, Devon Smibert, and Brian Cowie. As a Level 4 coach with over 30 years' experience, he is a UCI expert coach and regularly instructs coaching for coaches courses worldwide.

### **Testing and evaluations**

The PCC offers physiological testing and assessment based on each athlete YTP in the following components: power, strength, MAP (Maximal Aerobic Power), as well as body composition and aerodynamic and pedalling efficiency analyses as required. These services are separate from the program.

Throughout the winter, the coaching staff uses a testing protocol to measure training effectiveness and performance. The information gained from testing is used to modify training and loading to optimum levels for each athlete in the program.

### **Training Programs**

The Centre offers two distinct, but integrated programs: elite high performance training and talent development.

### **Training Program Objectives**

The training programs have the following objectives, and are based on athlete growth/development and chronological age:

- To work and develop the very best of each athlete.
- To identify and develop Canada's next Olympic-level athletes.
- To set and achieve performance targets for Canada's national team athletes.
- To serve as a catalyst for the development of cycling in the region.
- To implement and promote the Long Term Athlete Development Model for cycling.
- To link with other cycling and coaching programs, as well as provincial and local events and activities within the cycling system.

## **Talent Development Pool**

Disciplines:	Road, Track and MTB
LTAD Category:	Learn to Train -Train to Train and Train to Compete
Number of Athletes:	Up to 15 athletes
Eligible Athletes:	Athletes with commitment and the potential to achieve Elite level
Program Fee:	Please see appendix A

## **Description**

The Talent Development Program is for cyclists with the potential to move to an Elite pool and meet National team standards. Athletes in this category will be training at the Learn-to-Train, Train-to-Train and Train-to-Compete levels of the LTAD model. The program will provide them with adequate professional coaching, training and support to allow them to train sufficiently and boost their performance level.

The PCC and RH reserve the right to increase or decrease the number of the athletes for the program to ensure the quality of the program.

## **Goal**

The main goal of the program is to create more strength and depth in BC and Canada's national team program by assisting athletes to become elite performers through focused training and a supportive environment. This will help prevent the loss of cycling talent in the transition from junior to U23. The program will also serve to enhance the training environment for the Centre's Elite Pool athletes.

## **Objectives**

The objectives of the program are to channel athletes into the National Team Programs and to maintain a permanent, high-performance training group of national team and pre-national team athletes at the Centre with the appropriate coaching and support system.

## **Training Environment**

The program will provide coaching expertise and Mentorship opportunities by Centre Elite Olympian athletes for athletes racing on road, mountain bike, and track, who will work together in a team atmosphere to push their limits and achieve new levels of performance during off-season and in-season training.

## **Racing Program**

The PCC and RH will seek corporate sponsorship to create a racing team for athletes in the Talent Development Pool. The Centre will support this group of athletes in competitions.

## **Projects and Travel**

Program will provide an appropriate race schedule.

We may select athletes for these projects if necessary, based on the following criteria:

- PCC Head Coach's recommendation to determine if competitions are appropriate for the athlete
- Physiological Testing, Time Trial Testing – training camp and special event timing
- Commitment – workout attendance and work ethic

## **RUSS HAY'S/Accent Inns Elite Racing**

### **Bike and Equipment**

Athletes in this program are part of Russ Hay's/Accent Inns Elite Racing Team and they will be offered Specialized bikes at a prorated price as well as equipment. Team members will receive Russ Hay's team clothing. Specialized bikes are the official team

bike for the Russ Hay's/Accent Inns Elite Racing Team. It is obligatory for all team members to ride Specialized bikes at some time within the first year.

### **Sponsors**

PCC and Russ Hay's have long-standing sponsors who are supporting the team and the program for the training session, camp and team racing.

## **Community Liaison**

To promote interest and opportunities in the sport of cycling in the region, the Centre, through a community liaison committee, will link with the cycling community in some or all of the following ways:

- E-mail newsletter; special events promotion; public and media relations;
- Coaching workshops and mentorship;
- Liaison with Cycling BC;
- School cycling activities;
- Liaison with clubs & associations;
- Fund-raising;
- Support for local race events.

## **Talent Development Pool Eligibility**

To be eligible for the Talent Development Program, athletes must be training at the Learn to Train, Train to Train, and Train to Compete levels leading to Learn-to-Win stages of the LTAD model and under 19 & 17 or first year of U23,

Interested athletes should contact Houshang Amiri, PCC head coach, before October 10, 2012, and provide a copy of their race resume with a cover letter explaining their goals. Each athlete being considered for the program may undergo assessment and will be interviewed by the head coach before their acceptance to the program is confirmed.

## **Registration**

Athletes must apply by October 10, 2012.

Please forward your race resume including current contact information (telephone, mailing and e-mail addresses) to:

Pacific Cycling Centre  
100-4636 Elk Lake Drive,  
Victoria BC V8Z 5M1  
Phone: 250.744.5534 Fax: 250.744.3542  
E-Mail [info@pacificcyclingcentre.ca](mailto:info@pacificcyclingcentre.ca)  
URL: [www.pacificcyclingcentre.ca](http://www.pacificcyclingcentre.ca)

## Appendix A

Program fee breakdowns and options:

1- Silver	Monthly Fee	\$185.00
2- Gold	Monthly Fee	\$345.00

Pacific Cycling Centre provides \$300 and \$500 towards Silver and Gold program travel grant per athletes and it will match with Russ Hay's/Accent Inns Elite Racing Team.

The program includes one MAP (Maximal Aerobic Power) and lactate profiling test, and 2 training camps (March and May 2013).

Silver program details: <http://pacificcyclingcentre.ca/services/elitesilver.html>  
Gold program details: <http://pacificcyclingcentre.ca/services/elitegold.html>  
Service details: <http://pacificcyclingcentre.ca/services/other.html>

**Payment schedule:** paid in advance in 3-month increments.

**Cancellation Policies** <http://pacificcyclingcentre.ca/services/cancellation.html>

## **Appendix B**

### **Potential Projects**

The race program will be designed based on each athlete's growth and development level, and will not be based on chronological age.

1. March – September: Fully funded VCL and Sidney TTs - focus is on training, team tactics and technique development.
2. May to September: full track program and racing
3. Walla Walla
4. Enumclaw
5. Wenatchee
6. Robert Cameron Series/Road Provincials
7. Dove creek
8. Provincial TT Championship
9. Track Provincial Championships  
Road and Track Nationals (self-funded)

Entry fees, travel and accommodations will be covered for selected projects and athletes, however the PCC or RH may ask athletes to contribute financially towards their participation in some of the projects. The purpose for this is to provide an opportunity to run a full development program to maximize riders' potential and provide a full experience.

The PCC reserves the right to increase or decrease the number of projects and/ or number of participants for each project based on the athlete's development level and logistical considerations.