

## **Key Requirements and Maneuvers**

### **Recreation → Level C**

Athletes require the endurance, speed and technical skills to ride with the Level C Competition program. A goal of our program is to progressively develop the rider to manage increasingly more difficult obstacles safely and within their ability, and maintain safety for all, within the group.

Level C is a Riders first introduction to competitive cycling as they strive to become an Athlete and possess cycling skills and endurance to race C/D Group Ontario Cycling Association (OCA) Youth Cup events. Typical age for this group is 10 and up.

#### **Level C Checklist:**

- Has an understanding that they are joining the competitive program, and will compete at small entry level race events
- Recommended by Recreation Director
- Identified through an application, and successful [ASSESSMENT](#)
- Has demonstrated to be Coachable
- Attends 80% of scheduled training sessions
- Basic knowledge of Training Peaks (parents), has watched and understands the tutorials (add videos)
- Can operate gears/brakes controls efficiently
- Has good Position and balance
- Is Terrain aware
- Basic Direction control
- Can change a tube (depending on age this might not be appropriate)
- Basic understanding of bike maintenance (Age appropriate)
- Can perform a basic safety check
- Prepared to participate in year-round training, including Fall/Winter

### **Mountain Bike (MTB)**

#### Time (Officially timed by NCCH Coaches).

- Can complete “Chapel Trail” (2 lap) time trial in 24 minutes or under, officially timed by NCCH Coaches.
- Results will be available on [RaceClocker](#) or similar app

#### Skills (Assessed by NCCH appointed Coach)

- Front wheel lift (add video)
- Rear wheel lift (add video)
- Stability/control on downhill slope
- Proper shifting going into a climb
- Ride over a 8” log

- Ride over roots on a variety of terrain
- Navigate over/through small rock
- Ability to navigate corners (add video)

After achieving time & skills Standards is offered a probation of 4 sessions, and will be assessed, must be able to keep up with other Level C riders or be within 30 seconds, or less on various trail sections, and has demonstrated this in Level C probation period (4 sessions)

### Endurance

- Can manage a moderate 1.5- 2-hour session
- Hill Climb “Martins” without walking
- Climb most small to moderate hills without walking
- Willingness to “try” most of the ability appropriate challenges on a trail ride

### Road

#### Time (Officially timed by NCCH Coaches).

- Can climb Sydenham Hill under 7 minutes
- Can Climb Fifty Rd or Woolverton at a safe pace (not swerving)
- Can complete a 5 km Time Trial at 26kph
- Results will be available on [RaceClocker](#) or similar app

#### Skills (Assessed by NCCH appointed Coach)

- Successfully completed road assessment
- Can ‘clip in’ efficiently
- Able to rub shoulders safely (not during Covid)

### Endurance

- Can manage a moderate 1.5- 2-hour session in a group at 26 kph

## **Key Requirements**

### **Level C → Level B**

Athletes require the endurance, speed and technical skills to ride with the Level B Competition program. At this stage, the importance of multi-discipline is a key ingredient to success, and athletes are required to adhere to this. A goal of our program is to progressively develop the rider to manage increasingly more difficult obstacles safely and within their ability, and maintain safety for all, within the group.

Athletes will have the ability to race B Group Ontario Youth Cup events, and who want to train, prepare and race in regional/provincial competitions. Opportunity to attend special races and training camps throughout Canada.

Athletes train in a primary discipline of either Mountain Biking stream or Road/Track stream. Athletes will be introduced to cross discipline training, and racing for skills and endurance. For MTB Stream aim for one road training day per week and for Road Stream aim for one MTB training day per week, as well as opportunities to compete in a variety of disciplines

## **All Cycling Disciplines**

### **Level B Checklist:**

- Is a Multi-Disciplined Athlete
- Recommended by Level C Lead Coach, or identified by Competition Director or Head Coach
- Has demonstrated to be Coachable
- Attends 80 % of scheduled training sessions
- Has a strong knowledge of Training Peaks, and completes 100 % feedback
- Required to race at C/B OCA Youth Cup events, Kelso (MTB), Midweek Criterium (Road), etc.
- Should be training 2x per week and be willing to increase to 3x week
- Demonstrated independence to attend events requiring overnight stay (age appropriate)
- Prepared to participate in year-round training, including Fall/Winter
- Must be attending at least 1 road session per week, will require a road or gravel bike.

## **Mountain Bike (MTB)**

### **Time (Officially timed by NCCH Coaches).**

- Headwaters 3 Sisters Hill Climb (time to be inserted)
- Can complete “Chapel Trail” (3 laps) time trial in 30 minutes or under
- Results will be available on [RaceClocker](#) or similar app

### **Skills (Assessed by NCCH appointed Coach)**

- All Level C skills, plus:
  - Shows improvement on increasingly more difficult obstacles such as log piles, small jumps, drops, etc.
  - Responsible enough to take to other venues for rides
  - Bunny Hops
  - Willingness to try new obstacles that are ability appropriate

### **Endurance**

- Can complete 2.5 - 3-hour endurance road rides (on road/gravel bike)
- Can complete 3 laps “Chapel Trail”
- Can climb most moderate single-track climbs with minimum walking.
- Must be prepared to do at least 1 road Training session per week

After achieving time & skills Standards is offered a probation of 4 sessions, and will be assessed, must be able to keep up with other Level B riders or be within 30 seconds, or less on various trail sections, and has demonstrated this in Level B probation period (4 sessions)

## **Road**

### **Time (Officially timed by NCCH Coaches).**

- Sydenham Time Trial (School to Sign at top). Female: 5.30 mins and Male: 5 mins
- Can complete a 10 km Time Trial at 35kph (male) and 33kph (female)
- Results will be available on [RaceClocker](#) or similar app

### **Skills (Assessed by NCCH appointed Coach)**

- All of Level C requirements
- Understands basis team tactics
- Can carry out a team lead out to avoid obstacles
- Can Bunny hop at speed
- Can take a drink safely while riding
- Can ride in a group safely
- Can safely paceline

### **Endurance**

- Can complete 2.5 - 3-hour endurance rides at 30-32kph

## **Key Requirements**

### **Level B → Level A**

For Multi-Disciplined Athletes that have the ability to race at the Junior or Elite levels and who want to train, prepare and race major competitions. Opportunity to attend special races and training camps throughout Canada, US, Europe. Pro Cycling Career advice and opportunities to be selected into feeder teams that feed into Pro Teams.

Athletes require the endurance, speed and technical skills to ride with the Level A Competition program. At this stage, the importance of multi-discipline is even more important, and we expect athletes to also compete in multi disciplines of the sport of cycling.

A goal of our program is to progressively develop the rider to manage increasingly more difficult obstacles safely and within their ability, and maintain safety for all, within the group.

Athletes train and race in their primary cycling discipline of Mountain Biking or Road/Track Stream. Athletes are encouraged to race in other cycling disciplines as part of offering development opportunities, and variety.

### **All Cycling Disciplines**

#### **Level A Checklist:**

- Recommended by Level B Lead Coach, or identified by Competition Director or Head Coach
- Has demonstrated to be Coachable
- Has very strong knowledge of Training Peaks, and completes feedback
- Demonstrated independence on and off bike
- Required to race at B/A OCA Youth Cup events, Kelso etc, all disciplines Ability to race at National level events
- Shows compassion and is developing into a good person on and off bikes. Thanks Officials, thanks coaches and volunteers
- Understands the 4 core components of 4Health (Physical, Mental, Social, and Financial wellbeing)
- Attends 90 % of scheduled training sessions
- Shows independence to be able to attend 'away from home' projects, for events over 2 days - 1 week
- Prepared to take program direction from NCCH Head Coach (or designate from time to time)
- Notifies Head Coach of any supplements or medication being used
- Has demonstrated 'Team Player' attributes
- Understands sponsor appreciation, and has demonstrated promotion of sponsors, and the NCCH program on Social Media posts
- Participates in year-round training, including Fall/Winter
- FTP 4.5 wpk (male), 3.75 wpk (female)
- 5 min Power 5.2 wpk (male), 4.4 wpk (female)

## **Mountain Bike (MTB)**

### Time (Officially timed by NCCH Coaches).

- Be able to keep up with other A group riders or be within 30 secs or less on various trail sections, and has demonstrated this in Level A probation period (4 sessions) Can complete "Chapel Trail" (4 laps) time trial in 33.30 minutes or under
- Results will be available on [RaceClocker](#) or similar app

### Skills (Assessed by NCCH appointed Coach)

All Level B - plus...

- Track stand
- Jumps
- Climb and descend most single track without getting off the bike
- Can ride multiple venues and new trails with little difficulty

### Endurance

- Can complete 3–5-hour endurance road at 30-32kph (on road/gravel bike)
- Must be prepared to do a minimum 2 Road sessions per week

After achieving time & skills Standards is offered a probation of 4 sessions, and will be assessed, must be able to keep up with other Level A riders or be within 30 seconds, or less on various trail sections, and has demonstrated this in Level A probation period (4 sessions)

## **Road**

### Time (Officially timed by NCCH Coaches).

- Sydenham Time Trial (School to Sign at top). Female: 5.15 min and Male: 4.20 mins
- Can complete a 10 km Time Trial at 38kph (male) 35kph (female)
- Results will be available on [RaceClocker](#) or similar app

### Skills (Assessed by NCCH appointed Coach)

- All of Level B requirements
- Has demonstrated a strong understanding of team tactics
- Can feed from a team car efficiently
- Understands and knows how to 'sticky bottle'
- Can feed from a feed zone safely and efficiently
- Can change a rear wheel in under 1 minute
- Can moto pace back to group after a mishap through a race caravan efficiently

### Endurance

- Can complete 3–5-hour endurance rides at 30-32kph