

NCCH Guidelines for Progression from Recreational / Beginner program to Competitive Level C

Key Requirements & Maneuvers	Time <i>Standards – at this level it is more about skills than time.</i>	Skills <i>(as age & physically appropriate)</i>	Endurance
<ul style="list-style-type: none"> <input type="checkbox"/> Operation of controls (gears/brakes) <input type="checkbox"/> Demonstrated knowledge of Training Peaks (parents) <input type="checkbox"/> Position & balance <input type="checkbox"/> Terrain awareness <input type="checkbox"/> Direction control <input type="checkbox"/> Attends 80 % of scheduled training sessions <input type="checkbox"/> Coachable <input type="checkbox"/> Can change a tube (depending on age this might not be appropriate) <input type="checkbox"/> Basic understanding of bike maintenance (Age appropriate) <input type="checkbox"/> Can perform a basic safety check <input type="checkbox"/> Recommended by Program Coach <input type="checkbox"/> Interest in joining the competitive program with the intention to compete 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> Be able to keep up with other Level C riders or be within a 1 min or less on various trail sections, and has demonstrated this in Level C probation period (4 sessions) 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> Front wheel lift <input type="checkbox"/> Rear wheel lift <input type="checkbox"/> Bunny Hop <input type="checkbox"/> Stability/control on downhill slope <input type="checkbox"/> Proper shifting going into a climb <input type="checkbox"/> Ride over a 8" log <input type="checkbox"/> Ride over roots on a variety of terrain <input type="checkbox"/> Navigate over/through small rock 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can manage a moderate 1.5- 2hr session <input type="checkbox"/> Hill Climb “Martins” without walking <input type="checkbox"/> Climb most small to moderate hills without walking <input type="checkbox"/> Willingness to “try” most of the ability appropriate challenges on a trail ride

	<p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can climb Sydenham hill under 7 minutes <input type="checkbox"/> Can complete a 5 km Time Trial at 26kph 	<p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> Successfully completed road assessment <input type="checkbox"/> Can 'clip in' efficiently <input type="checkbox"/> Able to rub shoulders (not during Covid) 	<p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can manage a moderate 1.5- 2hr session in a group @ 26 kph

Key Requirements	Time Standards <i>Riders need to have the endurance, speed and technical skills to ride with the next level group.</i>	Skills <i>A goal of our program is to progressively develop the rider to manage increasingly more difficult obstacles safely and within their ability</i>	Endurance
<p>All Cycling Disciplines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Coachable <input type="checkbox"/> Attends 80 % of scheduled training sessions <input type="checkbox"/> Has a strong knowledge of Training Peaks, and completes 100 % feedback <input type="checkbox"/> Required to race at C/B OCA Youth Cup events, Kelso (MTB), Midweek Criterium (Road) etc. <input type="checkbox"/> Recommended by Level C Lead Coach <input type="checkbox"/> Should be training 2x per week and be willing to increase to 3x week <input type="checkbox"/> Demonstrated independence to attend events requiring overnight stay (age appropriate) 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hill Climb TBD <input type="checkbox"/> Can complete “Chapel Trail” time trial in xxx minutes <input type="checkbox"/> Be able to keep up with other Level B riders or be within a 1 min or less on various trail sections, and has demonstrated this in Level B probation period (4 sessions) <p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sydenham Time Trial (School to Sign at top) <ul style="list-style-type: none"> • Fem 5.30 mins • Male 5 mins <input type="checkbox"/> Can complete a 10 km Time Trial at 35kph 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> All Recreation program skills <input type="checkbox"/> Shows improvement on increasingly more difficult obstacles such as log piles, small jumps, drops, etc. <input type="checkbox"/> Responsible enough to take to other venues for rides <input type="checkbox"/> Willingness to try new obstacles that are ability appropriate <p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> All of Level C requirements <input type="checkbox"/> Understands basis team tactics <input type="checkbox"/> Can carry out a team lead out to avoid 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can complete 2.5 - 3 hr. endurance rides with minimal stops <input type="checkbox"/> Can complete 3 laps “Chapel Trail” <input type="checkbox"/> Can climb most moderate single track climbs with minimum walking. <input type="checkbox"/> Must be prepared to do at least 1 road Training session per week <p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can complete 2.5 - 3 hr. endurance rides @ 30-32kph

	(male) 33kph (fem)	obstacles <input type="checkbox"/> Can Bunny hop at speed <input type="checkbox"/> Can take a drink safely while riding <input type="checkbox"/> Can ride in a group safely <input type="checkbox"/> Can safely paceline	
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NCCH Guidelines for Progression from Competitive Level B to Level A

Key Requirements	Time & Power Standards <i>Riders need to have the endurance, speed and technical skills to ride with the</i>	Skills <i>A goal of our program is to progressively develop the rider to manage increasingly more</i>	Endurance
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	<i>next level group.</i>	<i>difficult obstacles safely and within their ability</i>	
<p>All Cycling Disciplines</p> <ul style="list-style-type: none"> <input type="checkbox"/> Has an extraordinarily strong knowledge of Training Peaks, and completes 100 % feedback <input type="checkbox"/> Attends 90 % of scheduled training sessions <input type="checkbox"/> Coachable <input type="checkbox"/> Quite independent on and off bike <input type="checkbox"/> Required to race at B/A OCA Youth Cup events, Kelso etc. <input type="checkbox"/> Want to race at National level events <input type="checkbox"/> Shows independence to be able to attend 'away from home' projects, for events over 2 days - 1 week. <input type="checkbox"/> Prepared to take program direction from NCCH Head Coach (or designate from time to time) <input type="checkbox"/> Recommended by Level B Lead Coach <input type="checkbox"/> Notifies head Coach of any supplements or medication being used 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hill Climb TBD <input type="checkbox"/> Endurance Ride TBD <input type="checkbox"/> Be able to keep up with other A group riders or be within a 1 min or less on various trail sections, and has demonstrated this in Level A probation period (4 sessions) <input type="checkbox"/> FTP wpk (tbd) <input type="checkbox"/> 5 min Power (tbd) <p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sydenham Time Trial (School to Sign at top) <ul style="list-style-type: none"> ● Fem 5.15 mins ● Male 4.20 mins 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> All above plus: <input type="checkbox"/> Track stand <input type="checkbox"/> Jumps <input type="checkbox"/> Climb and descend most single track without getting off the bike <input type="checkbox"/> Can ride multiple venues and new trails with little difficulty <p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> All of Level B requirements <input type="checkbox"/> Has demonstrated a strong understanding of team tactics <input type="checkbox"/> Can feed from a team car efficiently 	<p>MTB</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can complete moderate 4 hr. Endurance rides <input type="checkbox"/> Can complete 4 laps of Chapel trail <input type="checkbox"/> Can climb most moderate to difficult single track climbs with minimum walking (ie. Fire pit, death hill, three sisters). <input type="checkbox"/> Must be prepared to do at least 2 Road Training sessions per week <p>Road</p> <ul style="list-style-type: none"> <input type="checkbox"/> Can complete 3-5 hr. endurance rides @ 30-32kph

	<ul style="list-style-type: none"><input type="checkbox"/> Can complete a 10 km Time Trial at 38kph (male) 35kph (fem)<input type="checkbox"/> FTP 4.5 wpk (male), 3.75 wpk (fem)<input type="checkbox"/> 5 min Power 5.2 wpk (male), 4.4 wpk (fem)	<ul style="list-style-type: none"><input type="checkbox"/> Understands and knows how to 'sticky bottle'<input type="checkbox"/> Can feed from a feed zone safely and efficiently<input type="checkbox"/> Can change a rear wheel in under 1 minute<input type="checkbox"/> Can moto pace back to group after a mishap through a race caravan efficiently	
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