

# **Velo NB – Youth Development**

## **Provincial Youth MTB Team (Cross-Country: XCO) 2017 Team Guide**

**March 2017**

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## **1. Velo NB – Youth Development Framework**

For 2017, Velo NB – Youth Development will focus on six key areas in order to promote cycling as a sport, and the participation and the development of youth athletes in New Brunswick. To reach its objectives and the realization of its programs, Velo NB is actively seeking the participation and support of athletes, coaches, cycling clubs, local bike shops, event organizers and other volunteers, sponsors and financial partners.

## **2. Provincial Youth MTB Team – Executive Summary**

Create a Provincial Youth Mountain Bike Team targeting U17 (2001-2002) and U15 (2003-2004) aged athletes, boys and girls, with the possibility of expanding for U19 (1999-2000) and U13 (2005-2006) if the right athletes are identified. The team is specific to the Cross-Country discipline.

The overall goal of the team will be to help further develop both athletes and coaches across the province by providing them coaching opportunities, support and a chance to train and attend races as a team at select events outside of New Brunswick. The long-term objective of the team is to identify and develop athletes for future Canada Games (2021, 2025) and for other national-level competitions in future years.

The secondary goals would be to provide the athletes the opportunities to ride different types of trails and infrastructure across the province such as bike parks, velodrome, BMX tracks, DH trails, etc., and to promote the participation of youth athletes in cyclocross events to further develop a cross-training/cross-discipline approach, all while promoting other cycling disciplines.

Like it naturally happens with team sports, the added benefit of the team approach would be to create bonds and relationships between athletes and coaches, in a sport that is commonly known as an individual sport.

Year 1 of the program (2017) would have the specific objective of attending one Quebec Cup and one other event in PEI/NS (or Eastern Quebec Series) as a team. There may some athletes who wish to attend higher-level or other competitions during the year, which would fall outside of this year's scope (for the team). Specific and measurable objectives for 2017:

- Form team with coaches and athletes.
- Attend one Quebec Cup race (mid-to-late summer) as a team.
- Attend one PEI/NS race (or an Eastern Quebec Series race) as a team.
- Hold development camps (2-3) throughout the season.
- Develop framework for 2017 early in the year, and for 2018 in the fall.

Year 2 (2018), depending on the interest and success of Year 1, and of the schedule/location of events, the focus may shift towards replacing one event with a Canada Cup (e.g. in Quebec or Nova Scotia) or the Canadian Championships.

The underlying requirement of the team is to target athletes who have recently demonstrated interest and capacity in cycling racing by competing at the provincial level or higher in the previous year(s).

### **3. Team Composition**

The team will be composed of approximately 15 athletes and will generally consists of three (3) male and three (3) female athletes per primary age category (U17 & U15), with the Selection Committee's discretion to fill the remaining 1-3 spots.

The focus would remain on the U17 and U15 age categories, unless exceptional candidates or more suitable candidates are available in the U19 or U13 categories.

Refer to Section 9.4 – Committee Choice Criteria for additional details that may apply to the team composition.

### **4. Athletes**

The athlete eligibility and other requirements are detailed in this section. Athletes would be selected based on their age category and demonstrated interest and capacity in cycling racing.

#### **4.1 Athlete Eligibility**

The following are the minimum requirements for an athlete to be considered eligible for selection; the athlete:

- Must be a current resident of New Brunswick.
- Must meet the age eligibility requirements outlined by the respective age categories.
- Must have competed, in the previous year, in a minimum of one (1) Velo NB sanctioned MTB race; or has met one or more of the following minimum alternate requirements:
  - a. Has competed at a minimum of one (1) similar-level cycling event (i.e. athlete is to provide the necessary details for the Selection Committee's review);
  - b. Has competed at a higher-level of cycling (e.g. Canada Cup, Canadian Championships); or,
  - c. As a resident of another province or Country, has competed in one or more

similar cycling events there.

Please note that it is the responsibility of the athlete to clearly demonstrate and highlight any and all racing experience for the Selection Committee's review and evaluation.

#### 4.2 Athlete Requirements Following Selection

The following are the minimum requirements for the year following selection to the team; the athlete:

- Must have or commit to purchasing a valid **2017 UCI Race License** prior to any team function and the start of the race season. UCI Race License are to be purchased through the Velo NB website under 'Membership'.
- Must commit to participating in team events with a minimum attendance at one (1) development camp and one (1) selected race outside of New Brunswick during the current year.
- Must commit to participating in a minimum of three (3) Velo NB sanctioned MTB races of the athlete's choice during the current year. Velo NB strongly recommends that Youth athletes compete in their respective Youth categories and/or age-appropriate categories in respecting of Cycling Canada's Long Term Athlete Development (LTAD) guidelines.
- Must adhere to Code of Conduct rules, regulations, and policies that apply to Velo NB and Cycling Canada.

Failure to meet these requirements will be considered to be a withdrawal from the team unless the athlete obtains a General Exemption or a Coaches' Exemption as defined below.

#### 4.3 General Exemptions (to Requirements Following Section)

General Exemptions can be requested for the following reasons:

- Illness or injury that prevents a cyclist from competing or fully training.
- Major family emergencies or serious illness or injury.
- Academic obligations for students writing or preparing to write exams.
- An athlete who misses a development camp, but is attending a Selection Committee approved cycling events shall be granted an Exemption (e.g. participation at Canada Games).
- Team members are expected to make cycling a priority and therefore Velo NB events should take priority above other sports; however, cyclists can request an Exemption if they are participating in a winter sport and have earned the right to compete in its provincial, Atlantic, eastern or national championship.
- Exceptional circumstances other than those above: If a cyclist faces other exceptional

circumstances, s/he can apply for an Exemption and the Selection Committee will provide a ruling.

General Exemptions must be requested in writing, preferably by e-mail, to the Selection Committee. The Committee asks that Exemptions be requested at least 2 weeks in advance or as soon as practically possible. This helps to provide the Committee with time to respond to the request before the event. Where an athlete makes a request for an exemption based on illness or injury, the Selection Committee may require the athlete to provide authorization from his/her attending physician to return to team training.

#### 4.4 Coaches' Exemptions (to Requirements Following Selection)

The coaching staff for the team may exempt cyclists from post-selection events where they judge that it would be in the cyclist's best interest (e.g. need to rest nagging injury, suffering from burn out, etc.).

### 5. Coaches, Supervising Adults and Team Manager

#### 5.1 General Info

To maximize participation of various coaches in different parts of the province, and to limit travel costs, it would be recommended that for 2017, coaching duties be split between interested coaches based on proximity to events.

Coaches would prepare development camps in coordination with the Velo NB Youth Development Chair once dates are confirmed.

Coaches would be encouraged to attend the selected races outside of New Brunswick.

Coaches would also be encouraged to further their coaching development by seeking a certification(s), if not already obtained.

Coaches would help identify new and approach targeted athletes.

#### 5.2 Coaches & Supervising Adults Requirements

The following are the requirements for all coaches and supervising adults:

- Coaches and other supervising adults directly involved with Youth (minor) athletes must obtain a Criminal Record Check by the RCMP and provide to Velo NB. This report is free for volunteers (with a letter from an organisation) and is generally valid for a 2-year time period.

- Coaches and other supervising adults directly involved with Youth (minor) athletes will be required to operate under the “Rule of Two” whereas athletes will require two (2) adults in coaching/supervisory roles, one of whom must be the same gender as the athletes.

### 5.3 Team Manager

For 2017 and to launch the program, the Velo NB – Youth Development Chair will take the lead (in partnership with the members the Selection Committee as defined herein); however, it would be expected that a Provincial Coach or Team Manager could eventually be selected to lead the team for future years in order to continue to develop the program to allow the Velo NB – Youth Development Chair to focus on other youth development areas.

## 6. Team Events

A team schedule will be published/circulated as team events are confirmed. Refer to details below for additional information.

Athletes will be responsible for their own transportation to and from all team events, for all travel costs, and for all registration fees.

### 6.1 Training

There is no regular training provided for with the team. Athletes will be required to train as they would normally do and encouraged to ride and train with a development team and/or other development program (where available), in group rides and/or individually as required to further advance their development.

### 6.2 Racing Events

Additional information will be provided as the year progresses.

New Brunswick: Refer to the Velo NB website or Facebook page for race schedule details.

As part of a Youth Development focus area, Velo NB is targeting a Youth MTB XC series for U17, U15 and U13 athletes – i.e. a points series with three (3) races or more. Team athletes would be encouraged to attend these events and race in their respective age categories to further their development.

Quebec: <https://fqsc.net/montagne/evenements>

Recommendation to attend, as a team, the Quebec (Charlesbourg) XCO #9 and Quebec (Charlesbourg??) XCO #10, which is a double-header weekend on August 19-20, 2017.

Nova Scotia / PEI: Recommended event to be updated once respective schedules are finalized and reviewed.

### 6.3 Development Camps

As one of the specific objectives for the year, the Provincial Youth MTB Team would like to organize and/or take part in development camps throughout the season – e.g. one in the spring, one mid-summer, one in later summer or early fall. Three (3) camps is the original target, while two (2) would be the minimum.

Camps would be comprised of multiple (e.g. 2-4) riding sessions and could include alternate types of training / information sessions, such as dryland training, testing, yoga, nutrition, etc. if facilitators can be obtained and time permits – perhaps more a goal for 2018. For consideration by the coaches, when or where possible, camps could be held on a race weekend – e.g. prior to a race, say Friday evening / Saturday morning training session, followed by Sunday race day.

The recommendation is to alternate locations of camps - e.g. Edmundston, Fredericton, Moncton, Saint John to take advantage of the existing coaches' proximity and the local infrastructure. In the future, Campbellton, as an example, could be added as a venue to hone downhill skills, along with other locations depending on the participation of athletes and coaches.

## 7. Team Apparel

In order to form a sense of belonging, part of the initiative is to provide a team cycling jersey to all athletes. To be initiated once team is selected. An order would need to be placed early in the season to be available in time of the out-of-province events. The athlete would be responsible to pay for the cost of the jersey upfront.

Velo NB confirms that the team apparel and team name cannot be the same as the one for the Canada Games team, which is known as Team NB 2017.

## 8. Budget and Logistics

Due to budget limitations at Velo NB, the team is expected to be self-funded – i.e. by the participants. This would include all costs related to team jerseys, Velo NB UCI race licence, race registration fees, development camps fees, all associated transportation/travel costs and any other fees/disbursements identified during the season.

The budget also would provide for the reimbursing of coaches' disbursements to prepare and attend development camps, and to attend selected race events as a team, which would be split amongst the participants at said event.



In terms of budget and logistics, documents will be prepared at a later date. Reference documents from the Atlantic Cycling Centre were obtained and would be used as guideline moving forward. Different fee structures are being evaluated at present times.

**Velo NB is currently seeking sponsors and financial partners for various race series, programs and initiatives, please communicate with Velo NB if interested in supporting any of the above.**

## 9. Selection Process

### 9.1 Selection Committee

The evaluation of athlete applications and the team selection process is to be conducted by the appointed Selection Committee. The committee will be led by the Velo NB – Youth Development Chair and will consist of two other members: One representative from the coaching sector and one from the community sector.

An alternate representative may be appointed in advanced to deal with any situation where an apparent conflict of interest would present itself. Refer to Section 9.5 – Conflict of Interest.

To encourage geographical diversity, the preference is that a maximum of two (2) Committee members would reside in a common provincial region.

The Youth Development Chair will propose to the Velo NB Board a list of proposed Committee members prior to the selection process.

### 9.2 Application Form & Deadline

The Athlete Application Form is located in Appendix A.

**Step 1** – Athletes must submit their completed Provincial Youth MTB team application forms to [youth@velo.nb.ca](mailto:youth@velo.nb.ca) no later than 10 pm (Atlantic Time) on Friday, April 14, 2017. The athlete's legal guardian must sign the form.

### 9.3 Athlete Selection

**Step 2** – Athletes who successfully demonstrated on their application forms that they have met the minimum eligibility requirements outlined at Section 4.1 – Athlete Eligibility will be considered further in the selection process. Others will not be given further consideration.

**Step 3** – Each athlete will then be assigned points based on his/her performance at Velo NB sanctioned MTB races in the previous year. For reference purposes, the list of 2016 Velo NB sanctioned MTB races is located in Appendix B. Points will be assigned according to the

following points structure below. The athlete's three (3) results that contribute the most points will be counted towards the athlete's points total:

- 10 points for a first place finish in an adult (A, B, C) category.
- 8 points for a first place finish in a youth (U17, U15, U13) category.
- 7 points for a second place finish in an adult (A, B, C) category.
- 5 points for a second place finish in a youth (U17, U15, U13) category.
- 5 points for a third place finish in an adult (A, B, C) category.
- 3 points for a third place finish in a youth (U17, U15, U13) category.
- 3 points for a fourth place finish in an adult (A, B, C) category.
- 2 points for a fourth place finish in a youth (U17, U15, U13) category.
- 2 points for a fifth place finish in an adult (A, B, C) category.
- 1 point for a fifth place finish in a youth (U17, U15, U13) category.
- 1 point for a sixth place finish in an adult (A, B, C) category.
- 1 additional point will be assigned to a win at a Provincial Championship.

#### Special Notes:

- For 2017, the 2016 Return to White Rock (Hillsborough) XC U13 category will not be assigned points according to the above points structure as it did not consist of a typical U13 category in terms of distance / race time.
- For 2018, since Velo NB strongly encourages Youth athletes to race in their respective age categories, it may choose to increase (in part or in full) the point values of youth races to be equal with or closer to adult races.

The two (2) males and two (2) females having the most points for each U17 and U15 category will be tentatively slotted in those respective categories.

In the event of a tie on points the Selection Committee will refer to the Committee Choice Criteria as a tiebreaker.

#### 9.4 Committee Choice Criteria

**Step 4** - The Selection Committee will complete the selection of the remaining spots based on the Committee Choice Criteria.

Committee Choice selections will be made in consideration of the following:

- Performance and Results, in all disciplines and events listed on the Athlete Application Forms, regardless if they were Velo NB sanctioned MTB races/events or not.
- Reference may be sought on the athlete attitude and experience, including coachability, leadership, commitment to cycling and the team, progress in performance, adherence to team rules, attitude to others, the team, cycling, and sport in general.
- Additional information may be sought if deemed necessary to complete the evaluation.

In the event that the Selection Committee cannot reach a consensus, decisions will be made by majority vote.

The Selection Committee will have the authority to select the athletes, which they believe have the highest potential for success in this program and the long-term intent of developing athletes for future high-level competitions.

The Selection Committee reserves the right to take less than the full complement of athletes to the team or in any category if in the Selection Committee's judgment one or more cyclists would not be competitive with the lower third of the cyclists at races in their respective categories. The Selection Committee consequently has the authority to decline to select athletes who otherwise would be entitled to a position on the team and may reassign the designated spot(s) to another category.

#### 9.5 Conflict of Interest

A conflict of interest, for the purpose of this document, is generally defined as a situation where a Legal Guardian (as a member of the Selection Committee) of an Athlete (applicant) who is being considered as part of Step 4 (Committee Choice Criteria) of the selection process.

In order to avoid apparent conflict of interest situations that could arise during Step 4, the Selection Committee member in question will withdraw him/herself from the decision-making process specifically related to the athlete and the remaining two members will evaluate. In the event that the two members cannot reach consensus, a pre-appointed alternate member (of the Selection Committee) will complete the evaluation and decision on the case of the specific athlete.

The original Selection Committee member will then resume his/her role in the selection process for remaining athletes.

#### 9.6 Team Selection Recommendation

The Velo NB – Youth Development Chair, on behalf of the Selection Committee, will make its final team selection recommendation to the Velo NB Board for approval.

All athletes will be advised of the team selection and non-selection by e-mail.

During the year, and if vacant spots on the team are available, the Selection Committee reserves the right to reconvene and/or to recommend to Velo NB Board the addition of an athlete (or more) that meets the requirements herein for inclusion to the team.

## **10. Season Closeout**

At the end of the cycling season, the Team Guide including the selection process will be evaluated and adjusted as required prior to the next season.

## **11. Contact**

For additional information or clarification on the team guide, please contact the Velo NB – Youth Development Chair in writing at the [youth@velo.nb.ca](mailto:youth@velo.nb.ca) e-mail address.

Additional Velo NB information is available at [www.velo.nb.ca](http://www.velo.nb.ca) and it's Facebook page; please **Like** and follow-us online for more news and events throughout the year.

## Appendix A - Athlete Application Form / Formulaire d'inscription pour athlète

<b>Provincial Youth MTB Team / Équipe provinciale jeunesse de vélo de montagne</b>
<u>Athlete Name / Nom de l'athlète</u> :
<u>Category (circle) / Catégorie (encercler)</u> : U19M / U19F / U17M / U17F / U15M / U15F / U13M / U13F
<u>Date of Birth (yyyy-mm-dd) / Date de naissance (aaaa-mm-jj)</u> :
<u>Club</u> :
<u>Address / Adresse</u> :
<u>E-mail / Courriel</u> :
<u>Telephone (home) / Téléphone (maison)</u> :
<u>Legal guardian / Tuteur légal</u> :
<div style="border-top: 1px solid black; margin-top: 10px;"> <span style="float: left; width: 30%;"><u>(print name / imprimer nom)</u></span> <span style="float: left; width: 35%;"><u>(sign / signer)</u></span> <span style="float: right; width: 30%;"><u>(date)</u></span> </div>
<b>Cycling Racing Experience / Expérience en courses de cyclisme :</b> (add page, if necessary) / (ajouter page, si nécessaire) Examples / Exemples: 2016 Velo NB - Return to White Rock XC (Hillsborough) - U17F - 2nd 2016 Jeux de l'Acadie (Caraquet) - Sprint (XCE) - Filles (U15F) - 3 <sup>e</sup>
Signed application form to be sent to <a href="mailto:youth@velo.nb.ca">youth@velo.nb.ca</a> by April 14, 2017. By submitting this form, the applicant acknowledges the financial costs and other requirements related with a selection to the team and commits to participating as required.
Formulaire d'inscription signé doit être envoyé à <a href="mailto:youth@velo.nb.ca">youth@velo.nb.ca</a> au plus tard le 14 avril 2017. En soumettant ce formulaire, le demandeur reconnaît les coûts financiers et les autres exigences liés à la sélection à l'Équipe et s'engage à participer tel que requis.

## Appendix B - List of 2016 Velo NB Sanctioned MTB Races

For reference purpose in completing the Athlete Application Form, the following is the list of Velo NB sanctioned MTB races/events that took place in 2016. Results can be found on the Velo NB website, with Series points total on the Velo NB Facebook page. The Tour of Elgin XCM results were posted on the event's (*Elgin Mountain Bike Race*) Facebook page.

Return to White Rock (Hillsborough) XCO - July 2016
Coal Miner's Lung (Minto) XCM - July 2016
Adrenaline Festival (Campbellton) XCO - July 2016
Rockwood Challenge (Saint John) XCO - August 2016
4 Hours of French Fort Cove (Miramichi) XCM - August 2016
Woolastook 4 (Woolastook) XCM - August 2016
Tour of Elgin (Elgin) XCM - October 2016