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## February Endurance Camp Selection Document

**Location:** Tucson, AZ or St. George, UT.

**Dates:** February 15<sup>th</sup> to 24<sup>th</sup> 2019

### Team Size Goal of Project

The desired team size will be 6 female and 6 male athletes. The ABA reserves the right to vary the team size of the project based on interest level, athlete performance level and logistical considerations.

### Outline of Project

The purpose for this camp is to provide endurance athletes with an opportunity to get some high quality training volume on the bike early in the 2019 season. Athletes from all disciplines are encouraged to apply. All training rides during this camp will be done on the road. The project will also work with athletes to improve healthy living and travel habits, group riding skills and energy management during training and racing.

### Selection Date

Notification of selection to the team will be made the week of January 6<sup>th</sup>.

### Eligibility

To be eligible for selection to the event athletes must:

- Possess a current ABA license.
- Be less than 20 years of age and at least 16 years of age as of December 31<sup>st</sup>, 2019.
- Demonstrate commitment to Team Alberta, the Canada Summer Games and Western Canada Summer Games programs.



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## Selection Criteria

Athletes interested in applying to this camp must email Provincial Coach Sean Kelly at, [skelly@csicalgary.ca](mailto:skelly@csicalgary.ca) with their results from the 2018 National and Provincial Championships that they competed in. This must be done by December 19<sup>th</sup>. In selecting athlete to be invited to this event, the ABA and the Race Committee shall take into account the following in order of priority:

1. Athletes selected to a National Team in 2018
2. Athletes selected to the Alberta Provincial Team in 2018.
3. Athletes result at 2018 National Road, Track, MTB and/or CX championships
4. Athletes result at 2018 Provincial Road, Track, MTB and/or CX championships
5. Selection at the discretion of the Racing Committee

Athletes should be prepared to demonstrate that they are fit and ready for the camp. Demands at the camp will be approximately:

**Total Hours per week:** 18-24hours/week of riding

**Average climbing per day (big days and flat days):** 200-600m on a flat day, 1500-2600m on a large climbing day.

**Average Length of Ride:** 4-6 hours.

## Athlete Appeal Process

The ABA has a policy document in place that includes a specific procedure for handling an appeal from a Coach or Athlete. This document is available upon request