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CCA Announces merge with Synchro Diving

The Canadian Cycling Association is going ahead with plans to merge with the synchronized diving division of the Canadian Amateur Diving Association. Executive Director of the CCA Patrick Healy stated in a interview this month “cycling and synchronized diving are extremely compatible sports – speed, grace and adrenaline, and to combine them into one shows how innovative Canada can be in producing new sports”.

Essentially this new sport will entail is a fast take-off from the top of the highest diving tower. Athletes will have the option of competing in either the mountain, road or track bike categories. The goal: for two athletes to successfully execute a synchronized jump from the tower, into the pool. These jumps will include flips and spins and much air, all the while trying to resist as long as possible, gravity’s pull into the pool. As with regular diving, the size of the splash will be a factor in the judging of this sport. The bigger the splash, the higher the score. The CCA’s Seamus McGrath and Chris Sheppard are looking forward to competing in the doubles mountain jump category.

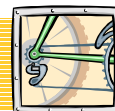
The CCA’s High Performance Coordinator will be moving into the position of dive Choreographer. The Competitions Coordinator, in association with Speedo Canada, will be responsible for designing the National Team suits, and when asked about the duties of her new job, the Sponsorship Coordinator said “this sport really is going to sell itself. Who wouldn’t want to watch two high caliber athletes launch themselves off a diving board on their bicycles, while performing perfectly synchronized moves? Compared to cycling, I really have my work cut out for me!”. The CCA’s Director of National Racing Programs, soon to be Director of National Bike Diving Programs stated "It is important to innovate and embrace new competition opportunities. We intend to make a big splash on the international scene".

New CCA Logo?..

Keep you eyes peeled in the near future. The CCA is exploring the possibility of an exciting new logo!

- Two National Team Athletes retire after a decade of great performances
- CCA’s High Performance Coordinator moves on
- Merger of the CCA with Diving Association





Two of the CCA's Best Retire

At the end of 2000, two great Canadian cyclists, Tanya Dubnicoff and Brian Walton, decided to retire after a decade each with our National Team.

Tanya, from Winnipeg, whose discipline is track, has a long list of accomplishments to her credit including:

- Member of the '92 and '96 Olympic Teams; '93 WORLD SPRINT CHAMPION; GOLD '98, '94 Commonwealth Games Sprint; GOLD '91, '95, '99 Pan Am Games Sprint; GOLD '99 Pan Am Games 500 m; Commonwealth Games Record – 200m along with many others.

Brian, road and track cyclist whose hometown is North Delta, B.C. is a veteran member of our National Team. One of the best known and consistent international riders, his accomplishments include:

- SILVER '96 Olympics Points Race; GOLD '99 Pan Am Games Road Race; GOLD '95 Pan Am Games Road Race; GOLD '95 Pan Am Games Points Race; SECOND '99 US Pro Championships, along with many others as well

Now that they have retired, what will they do with their time? A lot. Brian is busy building his dream home near Baltimore, Maryland with his wife Dana. He is working with a regional cycling team as team director, coach and sponsorship coordinator. Brian's passion lies in working with people, and helping them get the most out of life. In an interview with Pedal magazine, on his relationship with the CCA, Brian said "I hope to also put something back into the [CCA] as they helped me immensely in my career".

Tanya is presently enrolled in a French course in Québec. Upon her return to Calgary, she is looking forward to taking it easy...maybe getting a job in a coffee shop and keeping up-to-date on the cycling scene. On her association with the CCA, Tanya told me that she is grateful the CCA was there to help her over the years by providing the necessary coaching and funding that allowed her to travel to major competitions and training camps.

The CCA would like to wish both Tanya and Brian all the best in their future endeavors, and to thank them for making Canada so proud!



For bios on all our
National Team athletes,
visit our web site at
www.canadiancycling.ca

National Calendar ~ 2001

TIM HORTON'S National Championships:

TRACK	ROAD	MOUNTAIN
July 5 – 8 juillet Edmonton, Alberta	July 25 – 29 juillet Dieppe, New Brunswick	August 3 – 5 août Sun Peaks (Kamloops), B.C.

CANADA CUP Mountain Bike Series:

XC #1 – June 10 juin @ Hardwood Hills, Barrie, Ontario
 XC #2, DH #1 – June 16/17 juin @ Mont Tremblant, Québec
 DH #2 – June 23 juin @ Sussex, New Brunswick
 XC #3, DH #3 – July 14/15 juillet @ Fernie, British Columbia
 XC #4 – July 21/22 juillet @ TBD
 DH #4 – July 29 juillet, Vernon, British Columbia
 FINALS – August 11/12 août @ TBD

For more details on our National Calendar, check out our web site under "Events"





New Path for our High Performance Coordinator

Kris Westwood has decided to resign from his position as National Team Coordinator at the Canadian Cycling Association. Kris is a former national team cyclist, who competed in seven World Cyclocross Championships and the 1991 Pan American Games. He also won six national championships medals, including gold in the 1994 cyclocross championships and silver in the 1991 road race. While racing in Europe, Kris formed and managed his own cyclocross trade team, based in Switzerland and sponsored by a Dutch company.

In 1999, shortly after finishing his cycling career, Kris was hired by the CCA to fill the vacant position of National Team Coordinator. The responsibilities of this position include logistical planning of national team projects, communication with team members and coaches, and working with the High Performance Committee. Over the last two years, despite the limited resources of the CCA, Kris has used his language skills and experience to fulfill these roles to the best of his ability. While appreciative of the positive feedback from National Team members and of the fact that much is left to be done at the CCA, Kris has decided that it is time for him to move on. He is leaving the CCA office on March 30th in order to return to school to study journalism and to pursue cycling development projects in his home town of Ottawa. The CCA has not announced if a new National Team Coordinator is to be hired.

The CCA wants to wish Kris best of luck in his future endeavors! Here are some words of wisdom for you (you may need them!)

“life is like riding a bicycle, you don’t fall off unless you stop pedaling!”

Words of Wisdom; Jacques Landry, National Development Coach

In French there is the saying « En avril on ne se découvre pas d’un fil » which translates to « In April you do not shed one strand of clothing ». While this saying might sound like an old wives tale, it holds true for cyclists.

For all of us the heat of the sun and the blossoming of vegetation awakes our enthusiasm to get out on the roads or trails and break loose. However, it always seems like as soon as the sun comes out the layers of clothes come off. Unfortunately, after a few days, colds and bronchitis surface.

As your riders put on kilometres and longer hours on the bike they are also asking a lot from their bodies. With training, athletes are generating workloads and their bodies have to recover from the workloads in order to solicit more work to progress. This whole cycle is physiological adaptation and most of the bodies’ energy is focussed on maintaining efficiency in that cycle. Therefore, the body handles other stresses less efficiently and is less prone to keep itself warm and ward off lingering viruses. That’s why it is important to help out the body by staying warm whenever possible.

During spring rides it is always recommended that our athletes dress warmly with clothing that’s able to breathe. Basically for the body, anything called thermal is good. It also recommended to bring a wind-breaking outer-shell just in case conditions change. As for the extremities the same holds true. Thermal socks or at least wind breaking shoe covers are a must for the feet. The hands should be covered with thermal gloves or mittens. For taller people it might be more important to be well clothed in the extremities because sometimes circulation is not as efficient. Obviously the head should be covered with a helmet but it could be a good idea to invest in either a helmet cover or balaclava.

When riding in the spring, in colder conditions, it’s also important to drink adequately. In general people don’t drink when it’s cold because they do not feel thirsty. Unfortunately, as is the case in warmer conditions, when you start feeling thirsty you’re already dehydrated. It is a myth to think that you do not sweat when it’s cold. When the rider is sweating, he/she is losing fluids and they must be replaced. Plus, if the cyclist is well dressed he/she will be keeping their body core temperature warm and therefore sweating. Again the important aspect to consider is a proper thermal attire that will help sweat escape away from your body.

In between rides it’s also important to stay warm whether the athlete be inside or outside. Why put extra stress on the body when it can be avoided. When going outside cyclists should judge clothing attire on everybody else. Keep in mind that they are athletes and should be better dressed because the body is a bit more fragile, and that’s normal. So if your riders feel a bit self-conscious about being over dressed ask them this question.... « How is being sick for a few weeks going to affect your season? »

In closing, I guess the lesson that is to be taught is that your athletes are or are working towards being top level athletes and there are a few fashion sacrifices to be made. If a cyclist laughs at another for being overdressed just think of where he might be in a few weeks when the more clothed one is still on the road following his or her training program.



May the wind always be at your back!



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Mountain Bike World Cup

The UCI announced this month that the location for the 3rd round of the Downhill/Dual and the 4th round of the Cross Country races of the **TISSOT/UCI Mountain Bike World Cup** originally scheduled on July 7/8 2001 in Whistler has officially been moved. The new venue will be Grouse Mountain, located approximately 30 minutes from downtown Vancouver. The event organizer is Gestev Inc., who already have organized numerous World Cups in Mont Saint Anne and in Mexico.

In January 2001, the CCA had announced that the Triple World Cup (DH, XC, DL) had been cancelled. The decision, enforced by the UCI Mountain Bike Commission, was made after Whistler resort told the UCI they could no longer continue with the organization of this event. The fact that the event will remain in Canada is so beneficial for the long term development of our sport in Canada. Now that Canada is officially hosting a second world cup in the west, the impact on high level mountain bike events will be great. Alison Sydor, no stranger to mountain biking, stated late last year "for a number of us top pros in BC, [the World Cup] was an event we were looking forward to with even more energy and passion that the Olympic Games". Clearly, now that the event is back on in Canada, our competitive mountain bikers are back on track, and looking forward to kicking some butt at this international event!

Canada will be hosting the Mountain Bike World Cup Final in Mont Sainte-Anne, August 24-26 2001.

About Our Organization...

The Canadian Cycling Association, the governing body for cycling, is Canada's oldest sport governing body. Formerly known as the Canadian Wheelman's Association, founded in 1881, the CWA was incorporated in 1935, and in 1968 the name was officially changed to the Canadian Cycling Association.

Mission: To lead and support the development and growth of cycling in Canada through programs, leadership development and technical expertise.

Today, the CCA supports programs and services which promote:

- A balanced emphasis on all aspects of sport cycling
- Accessibility to cycling opportunities
- National and Regional Training Centres
- The development of elite athletes
- The development of a strong network of certified coaches and instructors, organizers, officials, volunteers and staff

The Association receives financial contributions for Heritage Canada, as well as our many sponsors and suppliers.



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