



Welcome to the 2023 summer programs! We are building a comprehensive training environment and a pathway from grassroots to elite and a lifelong love of sport. We are proud to announce our collaborations with Royal City Aquatics, Guelph Cycling Club and GORBA to take our programming to the next level. We're so glad to be a part of your athletic journey! Below you will find info about the summer programs. If you have any questions, please do not hesitate to reach out.

Registration

Subscribe to our cycling programs on our website:

<https://www.royalcitymultisport.club/developmentsquad>

Program Disciplines

We are excited to offer sessions for **Road Cycling** and **Mountain Biking** for young cyclists to develop their skills and fitness in both disciplines. Plus, cyclist and athletes from all sporting backgrounds can participate in our **Strength and Conditioning** sessions to develop their general athleticism, speed and power.

Road Cycling – Sessions will take place on the closed circuit at the Flamboro Speedway. Riders will require a mechanically sound bike appropriate for road riding, bike helmet, appropriate footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, riders should have the ability to ride on smooth, level terrain and control the bike safely (stopping and turning). Riders can expect sessions to focus on fundamental road cycling skill and fitness development and progress to more challenging riding based on ability.

Mountain Biking – Sessions will take place on GORBA trails. Riders will require a mechanically sound bike capable of riding off-road, bike helmet, appropriate footwear and apparel for weather conditions and water bottle or other nutrition. At a minimum, riders should have the ability to ride on smooth, level terrain and control the bike safely (stopping and turning). Riders can expect sessions to focus on fundamental mountain biking skills. Rides will start with beginner level off-road riding and progress to more challenging trail based on ability.

Strength & Conditioning – Sessions will take place at St. James Highschool Fitness Centre. Athletes will require appropriate running footwear and apparel (indoors & outdoors) and water bottle or other nutrition. Athletes can expect sessions to focus on general athleticism and development of speed and power. Session will include running, mobility, plyometrics and lifting.



Program Levels

Development - "Building the foundation for happy, healthy future athletes." The development level focuses on the fundamentals of training and competition while emphasizing having fun! At the development level, choose one, two or all three weekly sessions in any combination of Road, Mountain Biking and Strength & Conditioning. Target age is ~9-15 years old.

Performance – "Pathway to elite competition." At the performance level athletes are preparing to perform at their best. They have the physical ability and maturity to take the next step and integrate with many U23/Elite training session. Performance level athletes also require additional, more specific training & race planning. Performance level sessions are offered for Road Cycling and Strength & Conditioning. Target age is 15 years old and up.



Program Schedules

Summer Programming will begin May 1st and wrap up August 31st.

For Mountain Biking, sessions will begin as soon as the trail conditions are suitable for riding.

Cycling Development

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S&C 4:30-6:00PM		Mountain Biking 6:15-7:30PM	Road Cycling 6:00 - 7:00PM			

Cycling Performance

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S&C 4:30-6:00PM		Mountain Biking 6:15-7:30PM	Road Cycling 6:00 - 7:00PM			Road Cycling 9:00-11:00AM+
	GCC TAM 6:30-8:00PM		Road Cycling 7:00-8:00PM			

Sessions **highlighted yellow** are integrate with the U23/Elite sessions where appropriate and require a GCC membership.



Important Dates

Please use the link below to see a list of events. This list will be updated as new events are added to the calendar.

https://docs.google.com/spreadsheets/d/19MHTqHrv9EivjFV-_uq4rW5olUjfcha6ghU2FrwdaH8/edit?usp=sharing

Program Fees

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Program	Monthly Fee
Cycling Development (1 sessions per week)	55
Cycling Development (2 sessions per week)	95
Cycling Development (3 sessions per week)	120
Cycling Performance	175



Additional Memberships & Insurance

For liability purposes, additional memberships & insurance are required for the specific sessions you intend to participate in.

Road Cycling – all riders are required to purchase a TriON membership and affiliate with Royal City MultiSport. Please use the link below to complete the online registration. There is no additional fee to join the Royal City MultiSport club. TriON membership fees are below.

<https://ccnbikes.com/#!/events/royal-city-multisport-2023>

	Adults 20+	Junior (16-19)	Youth (12-15)	Kids (11 & under)
Individual	\$54 + \$15 TriCan Fee	\$46 + \$15 TriCan Fee	\$32 + \$6 TriCan Fee	\$15 + \$6 TriCan Fee
Individual Club	\$44 + \$15 TriCan Fee	\$41 + \$15 TriCan Fee	\$27 + \$6 TriCan Fee	N/A
Elite	\$54 + \$15 TriCan Fee	N/A	N/A	N/A
Elite Club	\$44 + \$15 TriCan Fee	N/A	N/A	N/A
Coach	\$54 + \$15 TriCan Fee	N/A	N/A	N/A
Coach Club	\$44 + \$15 TriCan Fee	N/A	N/A	N/A
Official / Race Director / Board Member	Complimentary	N/A	N/A	N/A
Associate	\$32 + \$15 TriCan Fee	N/A	N/A	N/A

Triathlon Ontario Annual Memberships are valid through the entire membership year and until March 31 of the following year.

Road Cycling (Performance) – riders participating in certain U23/Elite training sessions will require a current Guelph Cycling Club membership. The link below will take you to the GCC website where you can purchase your 2023 membership. GCC memberships are \$40/year.

<https://guelphcyclingclub.ca/join/>

Mountain Biking – all riders are required to join [GORBA](#). The link below will take you to the 2023 GORBA registration. GORBA memberships start at \$35/year. Additional family members can be added for \$25 each.

<https://ccnbikes.com/#!/events/gorba-2023-membership>

Strength & Conditioning – all athletes must be current SwimON members. Upon subscription you will be contacted to complete your SwimON registration. The RCAQ Registrar will process SwimON registrations and you will be billed the one-time yearly fee of \$52.50.