



2016 National CX Championship

Sherbrooke, Quebec

Team Nova Scotia Selection Document

Date: November 3rd- 8th 2016-09-12

Location: Sherbrooke, Quebec

Cost: \$150, includes transportation, coaching, meals, accommodations and mechanical support.

Expression of interest: Interested athletes must email BNS Athlete Development Coordinator at Jon.Burgess@bicycle.ns.ca before September 26th.

Anticipated Athlete Format:

Team size: 8 max, 2 cadet, 2 junior, 2 U23 Male/Female

Eligible categories: U17/Cadet M/F, U19/Junior M/F, U23 M/F

Selection Events:

Sept. 10-11 HRM Double

Oct. 2 Waverly GP

Oct. 9 Halifax Venue

Oct. 15/16 Lunenburg, NS

Oct. 23 Kentville

Oct. 30 Halifax

5516 Spring Garden Road, 4th Floor
Halifax, Nova Scotia B3J 1G6
902-425-5454 x316

<http://bicycle.ns.ca/>



Selection Criteria:

Selection to the project will be based on results achieved throughout participation in the first 7 races of NSSP Cyclocross series. A best 5/7 race format will be used to determine the top athletes in each category.

If an athlete does not accept their selection, alternates may be invited based on the committee's discretion. The Committee also reserves the right to invite athletes that don't meet the above criteria or have had limited participation in the NSSP series. This will be at the discretion of the Athlete Development Committee.

Project Goals:

The objectives of the National Championship project are to:

- Develop enthusiasm for Cyclocross in Nova Scotia
- Expose athletes to a National level cyclocross venue
- Gain valuable race experience for 2017 Canada Games selection
- Further develop athletes training base and mental preparation strategies to peak for targeted events
- Provide a fully supported project to maximize athlete performance

Athletes must wear Team Nova Scotia Jersey for all training and racing while on the project (weather permitting).

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