

## Fall Update

### Sold out Race Nights and New Kids on Track



Grenoble Public School at the Track

## Programming from Outreach to High Performance

***A Pathway to the Possible-*** The NCIM is always looking for support in our efforts to get kids on bikes and get those kids riding fast. If you are interested in helping you can do so [HERE](#).

### **Grenoble Public School Bike Club visits the Mattamy National Cycling Centre**

This year has seen interest in school visits rebound after a few covid impacted years, and thanks to the generous support of the Rapha Foundation the NCIM is positioned to execute on this opportunity like never before! Mid October saw twenty riders from Grenoble Public School come to experience riding the track. Located in Flemington Park, a vibrant and diverse community consisting primarily of immigrant and refugee newcomers to Canada,

Grenoble P.S. has a growing student population of 850 students in a kindergarten to grade 6 school.

Grenoble has run a bike club for the last 24 years on a weekly basis, enjoying the beauty of the Don Valley bike trials. The bike club has approximately 25 members and runs from September to early November. Nathanael Fry, a Grenoble alumni and current member of the Youth High Performance (YHP) Program helped volunteer at the session.

The NCIM is committed to providing these sorts of experiences to kids from across our diverse community in the Greater Toronto Area.

## Large Youth High Performance Cohort

It is always impressive to see the mammoth strides young riders take over the summer before returning to the track, and this year's YHP program is already turning some heads. This year's high performance is spread over two training Groups, the NCIM led Red Group focusing on U15-U17 racers and the NCIM supported Ontario Track Academy, composed of 20 talented and ambitious U17 and U19 racers. Together both programs have nearly fifty riders!

As part of this programming, the NCIM will be running their first ever Christmas Camp, a four day immersive training camp focusing on bike skills, race craft and off bike learning. This camp will bring in experts from the Canadian Sports Institute Ontario to give talks on nutrition, warm ups, core stability and mental performance.

## Track League is underway!

Race night #1 saw 86 racers of all ages and abilities tearing up the boards, including the return of the women's only category. The second event of the series, The Akuna Cup was held on Remembrance Day, November



11th, and for the first time in history exceeded 90 racers. The Akuna Cup honours former velodrome employee, youth coach and lover of the bike, Kelyn Akuna, who passed away in 2020. After enduros winning the first two events with Dylan Bibic and Ashlin Barry winning the first two, junior worlds medalist (and long time NCIM YHP member) Cole Dempster avenged the sprinters, narrowly defeating Carson Mattern (Israel Cycling Academy) at the line.

Join us for the next race night on November 25th for longer bunch races!!

## **All Eyes on Apeldoorn!**

The NCIM will again be supporting a Team Canada project to The Next Generation Race in Apeldoorn Holland. Last year's inaugural trip was a huge success and helped set the foundation for this year's World Championships. Of the 8 athletes who attended the 2023 trip, four attended this year's World Track Championships, two won medals and one was awarded a rainbow Jersey! Both of this year's Canadian National Road Race Champions also attended the project. The NCIM is again looking forward to partnering with Cycling Canada to provide this unique racing opportunity.

