



Hockey Players – Cycling Program

In 2013 the National Cycling Centre Hamilton – located at the Morgan Firestone Arena in Ancaster, will be offering the opportunity for Hockey players to get the edge on their opponents by taking part in Spring / Summer dry land & conditioning training. Qualified Cycling Coaches will give you a great workout and ‘keep it real’, by having fun, challenging, and best of all giving you the edge on the competition when the hockey season arrives.

Stage #1 April (\$90)

1. Learn the basics of road cycling
2. The focus will be on general fitness improvement
3. Basic bike maintenance / gear selection / nutrition / fun / indoor racing
 - 4 weeks
 - 8 sessions
 - 1hr per session
 - Bike supplied
 - Computrainers

Stage #2 May (\$120)

1. At completion riders will be NCCH certified to ride safely on local roads
2. Bike skills acquisition
3. Understanding of road traffic rules
 - 4 weeks
 - 8 sessions
 - 1hr sessions
 - Road Bike supplied
 - 1 session indoors & 1 outdoors per week

Stage #3 June (\$130)

1. At Completion riders will be understand racing strategies
2. Echelon riding / advanced bike handling and safety skills
3. The opportunity to enter some competitions
 - 4 weeks
 - 8 sessions
 - 1.5hr sessions
 - Road Bike supplied
 - All sessions outdoors

Course Fees

Stage#1 \$90

Stage #2 \$120

Stage #3 \$130

Twin – Stage #1&2 = \$180

Combo – Stage #1/2/3 = \$300

- There will be a Maximum 15 riders per Group, so that you receive quality coaching
- There is a Sibling discount of 25% for 2nd, and subsequent family members
- Road bikes will be quality Carbon ARGON 18 road racing bikes
- There will be an option to join a Squad within NCCH if you wish to continue training up until the start of the Hockey season and beyond
- Other sessions will be available if you wish to do more than 2 sessions per week
- The NCCH welcomes input from Coaches, Players, and Parents as to how best we can service your needs

Registration Forms will be available at Super Saturday on 2nd March or by going to the National Cycling Centre Hamilton website www.ncch.ca/hockey to register your interest online. For more details contact the Head Coach on rick.lee@ncch.ca or see us at Super Saturday!

