

Defining Enhanced Programs

Cycling BC



Experience Before Expectation

- **Identify:** What is the pathway not reliably providing?
- **Expose:** Create the right exposure.
- **Contextualize:** Help athletes understand what they are seeing.
- **Apply:** Give the learning somewhere to go.



Mont Saint Anne Familiarization

EXPERIENCE THE ENVIRONMENT BEFORE PERFORMANCE IS EXPECTED

- **Identify:** International environment gap
- **Expose:** World Championship/World Cups
- **Contextualize:** Direct observations
- **Apply:** A reference point for later (warm up, training, pits, recovery)



Warm Weather Training Camp

EXPERIMENT, CONTRIBUTE, APPLY

- **Identify:** Experience + ownership gaps
- **Expose:** New demands + new disciplines
- **Contextualize:** Coaching + peer learning
- **Apply:** Race, teach, experiment + athletes as contributors



Whistler World Cup

TURN ACCESS INTO DEVELOPMENT

- **Identify:** Access alone isn't enough
- **Expose:** World Cup environment
- **Contextualize:** Track walk + mentorship
- **Apply:** Questions, giving back, connection



Same Framework. Different Experiences

BUILDING FOUNDATION FOR PERFORMANCE

- **Identify:** Find the Gap
- **Expose:** Create access
- **Contextualize:** Make meaning
- **Apply:** Use and encourage the learning

