

Commonwealth Games Association of Jersey

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THE BAILIFF OF JERSEY

June 15, 2017

2018 Gold Coast Games – Selection Criteria – Cycling

Agreement between Jersey Cycling Association and the Commonwealth Games Association of Jersey confirming agreement of the Selection Criteria applicable to selection of athletes to represent Team Jersey at the 2018 Commonwealth Games to be held at Gold Coast City, Australia..

Dear Secretary,

I attach a copy of the Selection Criteria paper which has been approved by the Association's Validation Group applicable to the nomination of athletes by your Association competing in the sport of Cycling for consideration for selection to represent Team Jersey at the 2018 Gold Coast Games.

Please check through this paper very carefully to ensure that the members of the Validation Group have the correct version of your Association's Selection Criteria paper. Selection Criteria from all member sports have been amended during the validation process and it is essential that there is agreement before the paper is published on the CGAJ's website and published and distributed to athletes within your sport.

If agreed please have the confirmation below signed by the President or Secretary (or equivalent) of your Association and return this letter to me as soon as possible.

Yours sincerely,

Graham Huelin
Chairman CGAJ Validation Group

I Name PETER HUBERT as Office held PRESIDENT of the Jersey Cycling Association acknowledge and agree the attached Selection Criteria for the 2018 Gold Coast Games to be the final version prepared by us and agreed with the Validation Group

Signed

Date

29/6/17



Notes to the Selection Criteria

The following Selection Criteria have been established in line with guidelines issued by Commonwealth Games Association of Jersey (CGAJ) in its paper entitled “Team Selection Process of Team Jersey – 2018 Games” which governs the selection process as a whole. The paper can be found on the CGAJ website <http://www.cgaj.org/>.

Athletes aiming to achieve selection for Team Jersey should be aware that achieving the Performance Indicators described in their sport’s Selection Criteria does not of itself guarantee selection:-

- Demonstrating commitment to the planned training, preparation and competition schedule evidenced by training log books and tournament planners is equally important; and
- If more athletes are confirmed to have achieved the performance indicators stated in their applicable Selection Criteria than there are places available to Team Jersey in that event then the Sport will provisionally select the athlete(s) to represent Team Jersey in the relevant event.
- After the establishment of the following Selection Criteria, The Commonwealth Games Federation imposed a cap on the overall team size of Team Jersey of 33 athletes across all sports¹ with no specific allocation between sports. If more than 33 athletes achieve the selection criteria for their respective sports then a Final Selection will be made by the Validation Group of the CGAJ.

Note 1. This excludes team sports in which Team Jersey does not normally compete and Beach Volleyball which was added late as a 2018 Games sport and whose athlete numbers will be added to Team Jersey if they achieve their relevant Selection Criteria.



Jersey Cycling Association

Jersey Cycling Route to Gold Coast 2018 Commonwealth Games

Please find detailed below the process that will need to be adhered to by all long listed development riders aiming for the 2018 Gold Coast commonwealth games for all cycling disciplines

The JCA have set a list of Performance Indicators as detailed on the attached sheet which will need to be met over the 2016/2017 seasons

You will also be expected to commit to the following requirements:

Expectations:

1. You will be expected to have a recognised coach and a current training plan/ programme. You cannot self-train at this level.

Testing:

1. Ramp test/ FTP test to be undertaken every 3 months inclusive of weight and skinfold testing from March 2016 onwards. These tests will be used in the selection process
2. Lactate testing should be made available in the future.

Off island competition:

1. All disciplines will be expected to compete in both their National and regional championships at Senior Elite level (or under 23 if relevant)in 2016 and 2017
2. All disciplines will be expected to compete in a minimum of 3 national standard events outside of the national championships per year. 2016 and 2017
3. Road disciplines will be expected to compete in both the road and time trial national championships in 2016 and 2017

Training Logs:

1. Log book/ Diary to be provided via email on the 1st of every month from Jan 2015 onwards
2. Log book to include the following:

Weight, resting hr

Details of completed training sessions, Core work, stretching



Jersey Cycling Association

Race Planner:

1. 2016 race plan to be made available pre-season
2. 2017 race plan to be made available pre-season

It will be your responsibility to comply with these requirements, it is not the role of the cycling officer to chase for information.

Failure to meet these commitments could prevent selection from the Gold Coast games

Meeting the performance indicator alone is not an automatic selection for the Gold coast games

Andy Hamon
Vice President JCA

V3 29/12/2015



Jersey Cycling Association

Jersey Cycling performance indicators Gold Coast 2018 Commonwealth Games

Mens Road: to attain one of the following

National Road Race Championships	Top 20
Southern Region Road Race Championships	Top 3
Premier Calendar event or UCI 1.2 event	Top 20
National B RR distance 130 km +	3 Top 5 finishes
UCI 2.2 event 130km +	2 Top 5 finishes

Note: The southern regional road race championships will not count as a performance indicator if the event is run on the same day as a National Championship

or

Mens Time Trial: to attain one of the following

Classic TT series (Rudy Project series)	5 top 5 results over 2016/2017
BTTC championships	Top 10
National 10/ 25 mile TT	Top 15
Local island games TT course	Sub 49 minutes

Stipulation: You must compete in the National and/or Regional road race championships, and any one of the following: National 10/25 or BTTC time trials in both 2016 and 2017



Jersey Cycling Association

Jersey Cycling performance indicators Gold Coast 2018 Commonwealth Games

Womens Road: to attain one of the following

National Road Race Championships	Top 20
Southern Region Road Race Championships	Top 3
Womens National road event	Top 10
Womens National team series event	Top 6

Note: The southern regional road race championships will not count as a performance indicator if the event is run on the same day as a National Championship

or

Womens Time Trial: to attain one of the following

Classic TT series (rudy project)	5 top 5 results in 2016/2017
BTTC championships	Top 10
National 10/ 25 mile TT	Top 10
Local island games TT course	Sub 56 mins

Stipulation: You must compete in the National and/or Regional road race championships, and any one of the following: National 10/25 or BTTC time trials in both 2016 and 2017



Jersey Cycling Association

Jersey Cycling performance indicators Gold Coast 2018 Commonwealth Games

Mens Cross Country: to attain one of the following

Elite National championships	Top 20
Elite National series event	Top 20
Expert national series	3 top 5 finishes

Womens Cross Country: to attain one of the following

Elite National championships	Top 20
Elite National series event	Top 20
Expert national series	3 top 5 finishes

Stipulation: You must compete in the National and Regional cross country championships in both 2016 and 2017



Jersey Cycling Association

Discretionary nomination

The appointed team manager may nominate one position on the team for consideration by the selection committee as a development opportunity even if the individual has not reached all of the qualifying standards / performance indicators. The selection is open to male or female riders competing in any of the cycling disciplines (track; road or MTB). The selection should be based on the following criteria:-

- a) The rider must be in the senior U23 age category at the time of the games;*
- b) The rider must have demonstrated qualities, skills and suitability to contribute to team cohesion / effort; and*
- c) The individual must have demonstrated future potential that will benefit directly from the experience of team selection and competition at this level.*

Andy Hamon

Vice President JCA