

Services	HP Team	Comp # 1	Comp # 2
Access to training camps	x	x	
Accessed to Indoor Training Studio	x	x	x
Motor Pacing	x	Minimal	
Access to Track Coach	x	x	x
Race/Event Support	x	x	x
Career Development	x	x	
Additional One on One by Head Coach	x		
Unlimited access to head Coach	x		
Access to Head Coach	x	x	Limited
Access to Assistant Coaches	x	x	x
Proven International level coaching supplied	x		
Proven National level coaching supplied	x	x	
Proven Provincial level coaching supplied	x	x	x
Access to Bikes & Equipment	x		
All sessions Supervised	x	x	x
USA Sport Scholarship advice	x		
Free Coaching Certification	x	25% discount	
2 sessions per week (indoor & out)			
3 sessions per week (indoor & out)		x	x
Unlimited Indoor sessions (indoor & out)	x		
Profile Testing 6 weekly	x	x	x
FTP Testing	x	x	
Training Peaks	x	x	x
Training Peaks Premium*	x	x	
Daily monitored program	x		
Weekly monitored program		x	
Monthly monitored program			x
Annual Training Plan	x		
Goal Setting with Assistant Coach/s	x	x	x
Goal Setting with Head Coach	x		
Private Sponsorship Resources supplied upon request	x	x	x
Feedback meetings	x	x	x

Monthly HPT meeting	x		
Specific prep - major events (Rimouski/Milton Inter/etc)	x	x	
Specific prep - National Team Selection events	x		
Specific prep - Provincial Championships	x	x	
Access to Van Transportation	x		
Total monthly Fees	\$175	\$145	\$135

Training Peaks Premium*

NCCH pays Training Peaks additional \$10 for Premium per rider
this service gives immediate feedback to coach's
device.