**2021 Youth Commonwealth Games Pathway Paper**

The following paper details the expectations and commitments of being part of the Youth Commonwealth Games Cycling Pathway. The Pathway will commence on 15th October 2018.

The Youth Commonwealth Games is scheduled to take place in July 2021. At present the location is yet to be confirmed.

Eligible applications for inclusion onto the Pathway will be for youths born in the years 2003 and 2004 and is open to both male and female athletes.

Historically the Youth Commonwealth Games has only had the discipline of road cycling on the sports program. However, presently both mountain biking and road cycling are included in the Pathway. The team size will be two male and two female athletes per discipline.

***NB:- Please note that the disciplines and team size may be subject to change throughout the process.***

Athletes must adhere to all of the following criteria & expectations:

* Athletes must be a member of the JCAYA
* Athletes must be born in the year 2003 or 2004
* Athletes must have a recognised cycling coach for which proof will be required
* Athletes must be eligible to compete for Jersey (eligibility rules are on the application form)
* Athletes must provide a training log book on a monthly basis to the JCAYA, the cycling liason officer will feed athlete information to the CGAJ
* Athletes must attend training days and any team events throughout the Pathway.

Applications forms are to be submitted to the JCAYA Committee by the closing date stated below. The JCAYA Committee will process all applications and have the final say on selection. Any applications received after closing date will be reviewed on a 3 monthly basis. Applicants will be selected having provided evidence of commitment during the 2018 season. Athletes who have not proven sufficient commitment can re-apply in 3 months for re assessment.

Athletes who have been successfully selected on the Pathway will have training, commitment and behaviour reviewed every 3 months. It is important to note that Athletes can be suspended or removed from the Pathway by the JCAYA if the above stated is not satisfactory.

**Closing date for application forms is 30th September 2018**

**Performance Expectations:**

* Athletes are expected to compete at the British National Championships of their chosen discipline in 2019 and 2020
* Athletes are expected to compete in cycle races off Island at National level a minimum of three times per year
* Athletes are expected to compete consistently in cycle races on Island
* Athletes are expected to support the JCAYA and JCA
* Athletes are expected to complete a 20 minute fitness test every 4 months to be conducted to a set protocol. This test is to be conducted by the athletes coach and results issued alongside training logs.

**Commitment to Athletes:**

* Structured training rides through winter
* Manager led off Island competitions
* Short training camps
* Individual mentoring from senior/experienced athletes
* Nutritional advice

Athletes will have to achieve performance indicators to be issued early 2019 as set by the JCAYA and approved by the JCA and accepted by the CGAJ

In early 2021 the athletes performances will be assessed by the JCAYA committee who will decide based on the athletes commitment to the pathway and the performance indicators achieved whether they support the athlete. If the JCA deem the athlete of the correct standard they will be put forward for selection for the 2021 youth commonwealth games to the CGAJ valid

*"presented to CGAJ and agreed in principle. Minor changes/amendments may be made but the paper has been agreed in principle."*