

2025 Team

Information Package

ATTACK
RACING 

As of January 6, 2025 ([Live Version](#))

Our Mission



Provide an unmatched environment where an athlete can learn, grow and ultimately compete in any cycling discipline

We support this mission by providing:

- Cycling Specific Coaching
 - 15+ Trained Coaches across Road, Track and MTB
- Structured Training
 - Group Training Sessions
 - Technical and Tactical Skill Work
 - Seasonal or Individualized Training Plans
- Opportunities for Competition
 - Event staff to support races
 - Regional, Provincial and Beyond!



Membership Level Summary

	Disciplines	Race Support	Included License	Group Training	Team Kit Provided	Training Plans	Project Access	Team Fee
Recreation	One of Road / MTB / Track	No	OC Challenge	1-2 Sessions per week	None	None	None	\$250 per discipline
Development	Any	Yes – up to Provincial	OC Compete	1-2 Sessions per week	Jersey Bib Shorts (1 set)	Generic TrainingPeaks Plan for Season	By Invitation	\$1000
Performance (by invitation)	Any	Yes – up to International	UCI	2-3 Sessions per week	Jersey Bib Shorts Race Suit LS Skin Suit (3 sets)	Individualized TrainingPeaks Plan w/ Premium Upgrade	Priority Access	\$3000

[Race Calendar](#)

[Group Training Calendar](#)

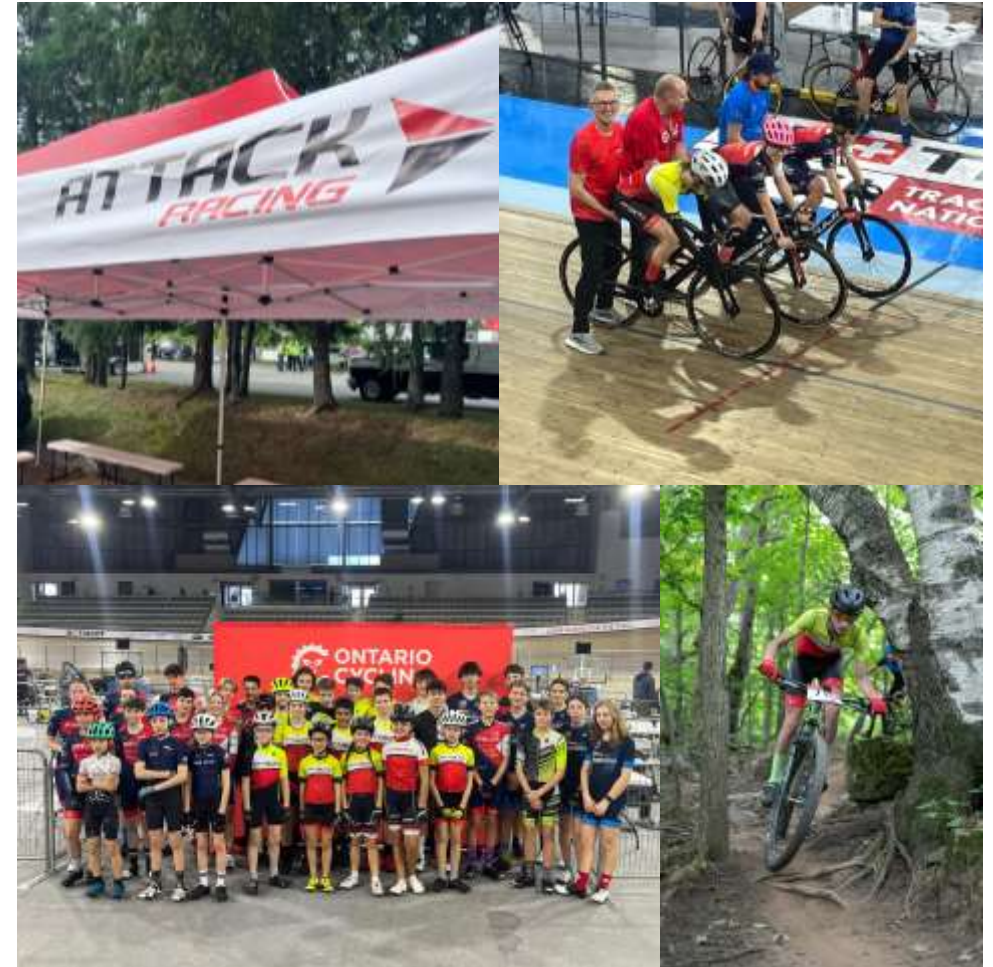
[Project List](#)

All athletes will receive a Team T-Shirt, access to team sponsor discounts and access to the team store to order additional team kit as needed.

Race Calendar

Event	Development		Race Days	Location
	Type	Dates*		
Track Ontario Cup #2	Track	18-Jan	2	Milton, ON
Track Ontario Cup #3	Track	8-Feb	2	Milton, ON
Track Provincial Championships	Track	28-Feb	3	Milton, ON
MTB Ontario Cup #1	MTB	10-May	2	Uxbridge, ON
MTB Ontario Cup #2 / Canada Cup	MTB	16-May	3	Barrie, ON
Youth Road Development Series #1	Road	24-May	1	Aylmer, ON
MTB Ontario Cup #3	MTB	14-Jun	2	London, ON
MTB Ontario Cup #4	MTB	28-Jun	2	Sault Ste Marie, ON
Youth Road Development Series #2	Road	26-Jul	1	Dunnville, ON
MTB Provincial Championships	MTB	15-Aug	3	Barrie, ON
Road Provincial Championships	Road	21-Aug	3	TBD

**Dates are preliminary and subject to change*



Race Calendar

Event	Performance			Location
	Type	Dates*	Race Days	
Track National Championships**	Track	4-Apr	3	Milton, ON
Road Ontario Cup #1	Road	11-May	1	Bradford, ON
GP Charlevoix**	Road	30-May	3	Saint-Paul de Baie, QC
Road Ontario Cup #2	Road	8-Jun	1	Moonstone, ON
Road National Championships**	Road	27-Jun	4	Saint-Georges, QC
Coupe de l'Avenir*	Road	3-Jul	5	Laval, QC
Chicago Grit**	Road	18-Jul	10	Chicago, IL
Road Ontario Cup #5	Road	26-Jul	1	Dunville, ON
Green Mountain Stage Race*	Road	29-Aug	4	Burlington, IL

*Dates are preliminary and subject to change **Team Projects



Group Training Calendar

Our Group Training sessions are led by NCCP trained coaches and take advantage of the facilities that the London area has to offer. Additionally, we integrate with other local partners to provide opportunities to hone your abilities in a competitive setting.

	Venues	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Track Nov - Apr	Forest City Velodrome		1.5h		1.5h (Performance)		2.5h	
Road Apr - Sep	Various Circuits in London Area		Training Race (RR/Crit)		Training Race (ITT)		2.5h	2.5h (Performance)
MTB Apr - Sep	Boler Mountain The Pines Watertower			1.5h	Training Race (XCO)			1.5h

**All Group Training Sessions are led by NCCP trained coaches
Training Races are managed by other local partners and additional fees apply**

Project List

Team Projects involve races that are typically further from London and / or have multiple race days. Fees are estimated based on past experiences and a full roster. Actual fees will be determined closer to the date. Fees include transportation, accommodations and meals for the project's duration. In some cases, race fees may also be included.

Space on projects is limited, and priority is given to Performance athletes. Fundraising and sponsorships in the 2025 season will go towards offset some of these costs.

Project	Location	Dates*	Race Days	Travel Days	Prep Days	Estimated Fees
Track National Championships	Milton, On	April 3 - 6	3	1		\$700
GP Charlevoix	Saint-Paul de Baie, QC	May 28 – June 2	3	2	1	\$650
Road National Championships	Saint-Georges, QC	June 24 – 30	3	2	2	\$1000
Coupe de l'Avenir	Laval, QC	July 2 – 7	4	2		\$900
Chicago Grit	Chicago, IL	July 17 - 28	10	2		\$1050
Green Mountain Stage Race	Burlington, VT	August 27 – September 2	4	2	1	\$1100

**Dates are preliminary and subject to change*

Next Steps



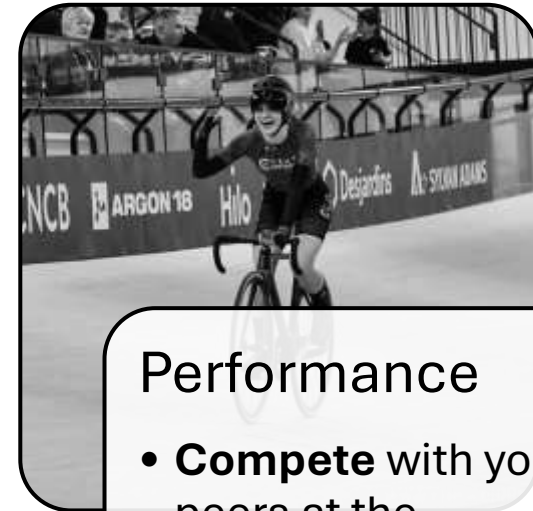
Recreational

- **Ride** with us and discover all cycling has to offer
- [Join via CCN](#)



Development

- **Grow** your skills and capabilities
- [Join via CCN](#)



Performance

- **Compete** with your peers at the national and international level
- [Apply to Join](#)



Questions?
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Revisions

- 12/21 – Initial Draft
- 1/6 – Added YRDS #1 & Road Provincials to Development Schedule. Correct Road OCup #1 Date