



## Guidance notes for completing Expression of interest form

### Junior and U23 UEC European Championships 2022

The stipulated aim of the selection process is outlined in the top left of each form. There are two forms, one for Junior and U23 Road European Championships and one for Junior and U23 Track European Championships. If you wish to be considered for both Road and Track European Championships, please complete both forms.

There are two principles aims for each selection process. As you complete the form give consideration as to how the information you supply evidences your ability to fulfil one or both of those aims.

**Complete the blank columns B-G** with the information requested. If you have a coach enter their name in column G '*Coach if applicable*'.

**Skip columns H-K** – these are for office use only

**Column L** – '*Events to ride in*'. Complete the disciplines you are submitting your interest in; this could be scratch, points, omnium for example in the Track Championships, or Road Race and Time Trial for the Road Championships.

**Skip column M.** (This will be used by the discipline lead to comment on your suitability for selection when forming the recommendation for selection panel members).

**Column N** – if you have a current UCI ranking within your discipline or age category, please enter along with the date at which the ranking was correct.

**Column O** – '*recent competition performances*'. The timeframe to add performances is from the last equivalent Euro Jnr/U23 championships (incl) to the closing date of this expression of interest form (08.06.22). Be thorough completing information, include all information including event name, date, race/course length, finish position, gap to winner if relevant. This does not need to be an exhaustive list of all of your races. Minor local race results won't influence your selection. For example, International race results in large fields, will carry more weight than National race results, and these results are more significant in turn than smaller local races. There should be no need to add more than 7-8 of your most significant results.

**Column Q** requires you to comment on your ability to double up (or more) than one event. This may be that you can RR and TT or might be that you can perform strongly in several bunch races on track. Check if your race results submitted in the previous column are in support of this claim.

**Column R** regards the team composition where relevant. If you are expressing interest in some track disciplines for example, you won't be competing as part of a team directly, however you are guided to comment on your ability to mix and travel as part of a wider group of athletes and staff. For other events it may be relevant to specifically comment on your ability to fulfil a team role, eg as part of a road race team. Selectors will consider that the best road racing team may not be a collection of the best individual riders, but those that would be best at riding together towards a shared objective. Consider if you can offer evidence in support of your comments here.



**Column S** asks you to declare that you are or would be compliant with Anti-Doping policy and code of conduct. (If not already signed, you would be required to sign the Cycling Ireland code of conduct.)

**Column T** gives you the opportunity to add any further information you might feel pertinent to your expression of interest.

Once completed please send your form as an e-mail attachment to [HPAdmin@cyclingireland.ie](mailto:HPAdmin@cyclingireland.ie) before close of business on Wednesday 8<sup>th</sup> June 2022. If you have any further questions regarding completing the form, please also address these in good time to the same e-mail address.