**Guidance notes for completing Expression of interest form - Jnr and U23 UEC European Championships 2023.**

**Aims**

The stipulated aim of the selection process is outlined in the top left of the form. There are two principle aims underpinning the selection process. As you complete the form give consideration as to how the information you supply demonstrates evidence of your ability to fulfil one or both of those aims.

Priority is given to those that can demonstrate their medal competitiveness. Then a step away from this is considering athletes that we believe could become successful seniors in future and would benefit from the experience. It’s important in the latter, that the individual is sufficiently experienced to be competitive and technically competent in an international field on an indoor 250m velodrome.

**Form**

Complete the blank columns B-L with the information requested. In column K ‘Coach if applicable’ if you have a coach please enter their name here. In column L, stipulate which events (scratch, omnium etc) you would like to be considered for.

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 Euro Jnr/U23 championships (incl) to the closing date of this expression of interest form (11.06.23). Be thorough completing information, such as event name, date, finish position, gap to winner if relevant. International race results in large fields, will carry more weight than National race results for example, and these results are more significant in turn than smaller races. There should be no need to add more than 7-8 of your most significant results. Please only record track racing results.

Column Q requires you to comment on your ability to double up (or more) than one event. This maybe that you can perform strongly in several different bunch races, or can sprint and keirin. 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 events for example, you won’t be competing as part of a team directly (eg scratch and elimination), however you are guided to comment on your ability to mix and travel as part of a wider group of athletes and staff. 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 CI 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 excel form as an e-mail attachment to [HPAdmin@cyclingireland.ie](mailto:HPAdmin@cyclingireland.ie) before midnight Sun 11th June 2023. If you have any further questions regarding completing the form please also address these in good time to the same e-mail addres