



## 2010 JUNIOR DEVELOPMENT ROAD CAMP

The mission of the SCNCA Junior Development Road Camp is to introduce the Junior Athlete to the fundamentals of effective cycling and basic training guidelines. This year there will be an advanced course for the more experienced riders.

The Junior Camp will offer professional coaching and instruction that will assist the Junior Athlete in improving their cycling performance, skills and knowledge about the parts of a training program they should concentrate their efforts on.

**WHEN:** January 10-11, 2009 Saturday and Sunday

**WHERE:** San Dimas Memorial Hospital, Meeting Room # 101

### INTENERARY:

#### January 10, Saturday

8:00 AM Athlete Check In

8:30 AM SCNCA Camp Intro

8:45 AM SCNCA Camp Overview

**9:00 – 10:00 Presentation (How it all fits together / Mad Skills)**

10:30 – 12:30 On Bike Skills session (straight line, cornering on tarmac and grass)

12:30 – 1:30 PM Lunch break

**1:45 – 3:45 PM On Bike Group ride for 11-14 age riders (paceline rotations)**

**4:00 – 5:00 PM Presentation for 11 – 14 Age Riders (Team Building Exercise / balloon pyramid)**

**1:45 – 5:00 PM On Bike Group ride for 15-18 Age Riders (paceline rotations)**

**5:00 PM Athlete Meeting Camp Review (Homework)**

5:30 PM Athlete Departure

#### January 11, Sunday

8:00 AM Athlete Check In

**8:15 – 9:30 AM Presentation (Athlete Pipeline / Preparing for Europe)**

9:45 – 12:00 On Bike (Obstacle course / TT starts – 2up 400 meter sprints)

12:15 – 1:00 PM Lunch break

**1:15 – 3:30 PM On Bike Group ride for 11-14 age (paceline - industrial park circuit – wobble feed)**

**3:30 – 4:30 PM Presentation for 11 – 14 Age Riders (Team Building Exercise / assemble puzzle)**

**1:15 – 4:30 PM On Bike Group ride for 15– 18 Age Riders (Musett/Caravan feed-mechanical drills)**

**5:00 PM Athlete Meeting Camp Review – QA Session – Rider evaluation - Camp certificate**

5:30 PM Athlete Departure

**ENDURANCE – SPEED – POWER** will be the measure of the day

**WISDOM – COURAGE – PERSEVERANCE** will be skills for life