



2011 5th ANNUAL JUNIOR DEVELOPMENT ROAD CAMP

The mission of the SCNCA Junior Development Road Camp is to introduce the Athlete to the fundamentals of effective cycling and training guidelines.

The SCNCA Junior Camp will offer professional coaching and instruction that will assist the Athlete in improving their cycling performance, skills and knowledge.

WHEN: January – 8-9, 2011 Saturday and Sunday

WHERE: San Dimas Memorial Hospital, Meeting Room # 101
Riders and Staff Check in at the Front Reception Desk / Wrist Band

INTENERARY:

January 8, Saturday

8:00 AM Athlete Check In

8:15 AM SCNCA Camp Intro

8:30 AM SCNCA Camp Overview

8:45 – 9:45 Presentation (How it all Fits Together)

10:00 – 12:30 On Bike Skills session (straight-line, cornering, slalom, contact, trash ball)

On Bike Skills for 11-14 Age Riders and 15-16 Age Riders

10:00 – 12:30 On Bike Group Ride for 15-18 Age Riders (paceline rotations)

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 – 4:30 PM Training Crit. for 11 – 14 Age Riders

1:45 – 4:30 PM On Bike Group ride for 15-16 Age Riders (paceline rotations)

4:30 – 5:00 PM Training Crit. for 15-16 Age Riders

1:45 – 4:30 PM On Bike Group ride for 15-18 Age Riders (team dynamics)

4:30 – 5:00 PM Training Crit. for 15-18 Age Riders

5:15 PM Athlete Meeting Camp Review

5:30 PM Athlete Departures

January 9, Sunday

8:00 AM Athlete Check In

8:15 – 9:15 AM Presentation (Athlete Pathway)

9:30 – 12:00 All Age Categories On Bike / 2K Time Trial / 2 repeats

12:15 – 1:00 PM Lunch break

1:15 – 3:30 PM On Bike Group ride for 11-14 Age Riders (Training Race @ Bonilli Loop)

1:15 – 4:30 PM On Bike Group ride for 15-16 Age Riders (Training Race @ Bonilli Loop)

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

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

5:30 PM Athlete Departures

BLUE – Riders Age 11-14, First year – Cat 4

GREEN – Riders Age 15-16, First-Second year – Cat 4

Red – Riders Age 15-18, Cat 3 - 2