



The SCNCA presents the first Annual Junior Development Road Camp

The mission of the Junior Development Road Camp is to introduce the junior athlete to the fundamentals of effective cycling and basic training guidelines. This camp will offer professional coaching and instruction to assist the junior athlete in improving their cycling skills and provide information about parts of a training program they should concentrate their efforts on.

WHEN: January 13-14, 2007 Saturday and Sunday

WHERE: Comfort Suites, 501 W. Bonita Ave, San Dimas, CA, US, 91773 Phone: (909) 592-0500 (Outdoor sessions will be at a nearby school)

WHO CAN ATTEND: The camp is open to anyone ages 10-18 and any USCF Category. A USCF license is not required. The camp will be focusing on basic riding and racing skills. There will be a limit of 30 riders.

COST: \$50 that will be refunded upon the completion of the camp. Lunch and snacks will be provided on both days. Please see the attached list of nearby lodging. Please contact Dominic Galenti at bikedom@gmail.com to register and for additional information.

ITENERARY:

Jan. 13, Saturday

- 8:00 - 10:00am Rider check in / release / bike check / jr. gear roll out / rider packet
- 10:00 - 11:00am Rider Meeting - camp intro / schedule / team cheer / presentation #1
- 11:00 - 1:00pm On-bike skills session #1 - straight line station
- 1:00 - 2:00pm Lunch break
- 2:00 - 3:00pm Rider Meeting - review / team balloon / presentation #2
- 3:00 - 5:00pm On-bike skills session #2 - cornering station
- 5:00 - 5:15pm Rider Meeting - review / homework assignment

Jan. 14, Sunday

8:30 - 9:30am Rider Meeting - review / answer / presentation #3 / tt - paceline

10:00 - 12:00am 40K Group ride - paceline practice

12:00 - 1:00pm Lunch break

1:00 - 2:00pm Rider Meeting - review / U23 video / presentation #4 / skills - echelon

2:00 - 4:00pm On-bike skills session #3 - soccer field - obstacle course / echelon

4:30 - 5:30pm Rider Meeting - review / conclusion-things to remember / awards

JUNIOR CAMP PRESENTATION TOPICS

Riders will receive hand-outs of the presentations during the camp.

Presentation Topic #1 - cycling fundamentals, skills, Olympic rings

Presentation Topic #2 - training program, nutritional considerations

Presentation Topic #3 - athlete community / u23 video / pipe-line / testing

Presentation Topic #4 - race day prep check list

ENDURANCE - SPEED - POWER will be the measure of the day

WISDOM - COURAGE - PERSEVERANCE will be skills for life

CAMP DIRECTOR: Dominic Bikedom

ATHLETE ALUMNI: Betsy Bloom

USAC Level 1 COACH: Michael W. Heitz



MICHAEL HEITZ is a twenty five year veteran of cycling. With 25 years of racing under my belt, my coaching career began when the Southwest Texas State University Cycling Team recruited me fourteen years ago. Here is were I developed my coaching skills along side Bill Edwards Ph.D.; as well as worked with and assisted many of the experts of cycling, which included: Chris Carmichael, Mike Neel, George Mount, Clark Natwick, Danny Van Haute, Michael Carter, Barney King. I have perfected my coaching techniques over the years at the Olympic Training Centers in Colorado Springs and San Diego.

I am the former Coach and Director of the Community Olympic Development Program in San Antonio, Texas. The CODP Cycling Program's designation was a result of my dedication to the grassroots cycling program, Dreams for Youth, which was established by the San Antonio Sports Foundation in 1996.

In 2005, the Rocky Mountain Cycling Education Foundation recruited me for the Athletic Program Director position. This opportunity allowed me to surround myself with some of Colorado's premiere Coaches and Junior/U23 Athletes. I have directed several Junior Teams to prepare and compete at NRC, USAC Junior Nationals, and UCI Junior Super World Cup events. My tremendous success as a coach has fostered several Junior National Road, Time Trial, Criterium Champions, and UCI Stage winners.

Currently, I work closely with Steve McCauley, the National Athlete Development Manager, at USA Cycling. Over the last nine years, I have been contracted through USA Cycling to Coach and Manage at Regional and National Junior / U23 Development Road Camps. I am actively involved with the development of the curriculum for the USAC Level II Coach's certification program, specializing in bike handling skills.

The VELOWAY101 vision has kept me in Colorado, where I continue my passion for cycling! My dream is a reality of offering junior cyclists a strong foundation and knowledge of cycling. I believe many of Life's lessons can be learned through competition on a bike. My athletes, parents and peers often comment that I am "more than a coach, or veteran cyclist, I am a ROLE MODEL"!