

# SCNCA Junior Development Camp

January 5-8 2017

Presented by GS Andiamo



This is the SCNCA yearly junior development camp for all area riders. We will have support from local area coaches, teams, mechanics, parents, and mentor riders. See attached page for a tentative itinerary. Limited host housing is available.

Date	Time	Event	Location	Categories	Upgrade Points		
					Cat 5-4	Cat 4-3	Cat 3-2
Thu Jan 5	9:00 AM	Training Day	Bikecoach.com	M&W 15-18 YO	1	1	0.5
Fri Jan 6	9:00 AM	Training Day	Bikecoach.com	M&W 15-18 YO	1	1	0.5
Sat Jan 7	9:00 AM	Skills + Beginning Racer Program & Race Mentor Clinic	Redlands Sports Park	All ages	2	1	0.5
Sun Jan 8	8:30 AM	Group Etiquette + Beginning Racer Program & Race Mentor Clinic	Bikecoach.com	All ages	3	2	1

**Notes:** There will be training rides and other on and off the bike activities on thursday and friday. Saturday and Sunday will be a combination of skill building and training races, places will not be recorded in the races. We may split fields for safety reasons. You might get to practice racing in a neutralized field. Races may be neutralized or stopped for emergency vehicles.

Junior 9/10, 11/12, 13/14, and 15-18 will race together but will be sprinting at different times. Junior Women will race in their respective age group. Riders under 9 years old are encouraged to participate in the activities too.

**Registration:** \$15 per day for juniors. Day of registration and sign in opens 30 min prior to event. Pre-reg closes 10:00 PM Tuesday an 3rd. \$10 late fee per day. The fee covers any and all participation during the day as well as lunch, snacks and hydration support and dinners on Thur, Fri and Sat. Free for Pro and Cat 1-3 adult mentors. Race mentorship training will start at 12:30 PM on Saturday and Sunday, Contact Coach Sean for details.

If you are not a USA Cycling license holder you will need to purchase a one-day or annual license for the event.

**Locations:** Bikecoach.com fitness facility - 700 East Redlands Blvd, Suite M Redlands CA 92373

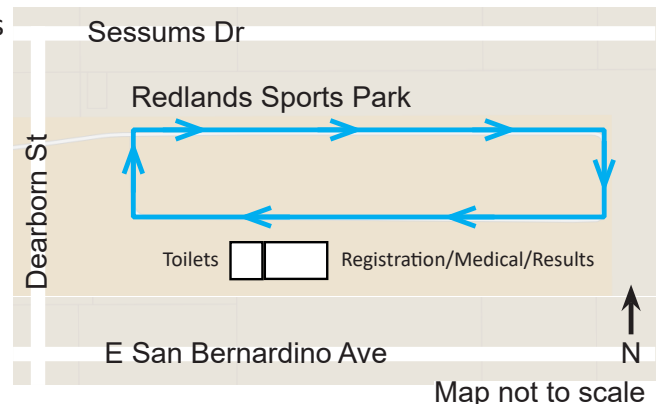
Redlands Sports Complex, 1790 N Dearborn St. Redlands, CA 92374

**Course:** ~ 800 meter loop. Fast course with a slight grade

**Parking:** Along Dearborn St

**Contact:** Coach Sean Wilson, PhD; sean@gsandiamo.com

Held under USAC permit: 2017-151





## 2017 SCNCA Junior Development Training Camp Tentative Itinerary

### Thursday Jan 5 – 8:30 AM Check in - Bikecoach.com

- 9:15 AM - Pre camp Instructions
- 9:30 AM - Stretching
- 10:00 AM ~ 3 Hr ride – paceline focus
- 1:00 PM - Lunch @ Bikecoach.com
- 2:00 PM - Fundamental Skills and Drills
- 3:00 PM - CoreWork @ Bikecoach.com
- 4:00 PM - Housing checkin
- 6:00 PM - Dinner at Wilson Household
- 7:30 PM - Evening activity
- 10:00 PM - Lights out

### Friday Jan 6 – 8:30 AM Check in - Bikecoach.com

- 9:15 AM - Pre camp Instructions
- 9:30 AM - Stretching
- 10:00 AM ~ 3 Hr ride – climbing and descending focus
- 1:00 PM - Lunch @ Bikecoach.com
- 2:00 PM - Fundamental Skills and Drills
- 3:00 PM - CoreWork @ Bikecoach.com
- 4:00 PM - Housing checkin
- 6:00 PM - Dinner at Wilson Household
- 7:30 PM - Evening activity
- 10:00 PM - Lights out

### Saturday Jan 7 - 8:30 AM Checkin @ Redlands Sports Park

- 9:00 AM - Fundamental Skills
- 11:00 AM - Practice Time Trial
- Noon - Lunch
- 12:30 PM - Race Mentor Training Session
- 1:00 PM - Beginning Racer Program Skills Session
- 2:30 PM - Mentored Race
- 4:00 PM - Housing checkin
- 6:00 PM - Dinner - TBD location
- 10:00 PM - Lights out

### Sunday Jan 8 - 8:00 AM Checkin @ Bikecoach.com

- 8:30 AM - Cycling Savvy
- Noon - Lunch @ Redlands Sports Park
- 12:30 PM - Race Mentor Training Session
- 1:00 PM - Beginning Racer Program Skills Session
- 2:30 PM - Mentored Race
- 4:00 PM - Camp Ends