

Southeast 2010 USAC Junior Women Athletic Development Camp
Camp Blue Ridge, Mountain City, Georgia
June 6-11



JUNIOR WOMEN DEVELOPMENT CAMP:

Welcome! Frazier Cycling is hosting the first Athletic Development Camp for Junior Women in the Southeast. You can find everything you need to know about the camp here. This website will serve to give up to the minute information for this camp. ***Please bookmark this site as it will update as event and registration gets closer!***

2010 Athlete Development Camps - USA Cycling's website has information for other camps locations across the nation: <http://usacycling.org/news/user/story.php?id=809>

CAMP INFORMATION:

The purpose behind the USA Cycling Regional Development Camps is multi-faceted. First and foremost it provides a development opportunity for our younger riders. Over the course of the six day camp, participants will practice skills that are specific to the camp discipline, enjoy informational discussions about nutrition, bike mechanics, and training, and take part in standardized field testing that is consistent with all of the endurance-based camps.

WHO:

To ensure the safety of all camp participants and to maximize the learning opportunities for all, there is a minimum standard of on-the-bike competency that all camp participants must satisfy. Camps are available to athletes that are at least 14 years old on the day the camp starts and no older than racing age 22. Athletes that are automatically eligible to participate in the camps meet one or more of the following standards contingent on space being available in the desired camp:

1. Participated in the 2009 or prior Regional Camp program.
2. Carry a valid 2010 collegiate racing license (women, C or B) and are under the racing age of 23 in 2010.
3. Finish in the top-5 in a LAJRS race (15/16 or 17/18 category) since June 1, 2009. Athletes that are 14 years old must qualify through the 15/16 category. Results in the 13/14 category will not be counted.

4. Finish in the top-10 in the Road Race, Time Trial, or Criterium event at the 2009 Junior National Road Cycling Championships. 13/14, 15/16, and 17/18 results will be considered
5. Carry a current USA Cycling racing license as a Category 3, 2, or 1 15/16 or 17/18 on the road.
6. Represented the United States in International Competition in 2009

WHAT:

- Road racing skills development: Time Trial Techniques, Race Preparation, Strategy, and Techniques, Pack Riding, Cornering, Bridging Between Groups, Bumping, Sprint Finishes
- Plenty of group-riding/skills development: Advanced Bike Handling Skills, Hill Workouts
- Workshops on racing, training, nutrition, & bike maintenance
- Endurance Training

COST:

Before April 30, 2010, individual registration is \$700. After April 30, 2010, individual registration is \$750 per participant.

Team discount for three or more team/club participants that register together. The discounted rate for team registration is \$625 per participant until April 30, 2010. After April 30, 2010, the team discounted is \$675.

QUESTIONS:

Camp Manager

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FAQ:

USA Cycling Website:

<https://www.usacycling.org>

Juniors USA Cycling:

<https://www.usacycling.org/juniors/>

Webinars (archived):

<https://www.usacycling.org/news/user/story.php?id=4035>

Camp FAQ PDF:

<https://www.usacycling.org/forms/juniors/CampsFAQ.pdf>

Athlete Testimonials PDF:

<https://www.usacycling.org/forms/juniors/2009AthleteTestimonials.pdf>



