

USAC Coaching Clinic: Coaching Juniors – The Team Approach

April 18, 2009 Cafe:ine Cafe - Buford, GA



www.fraziercycling.com
info@fraziercycling.com



USA Cycling calls the Frazier Cycling Junior Development Program "an excellent role model for other clubs' junior development initiatives." Coaching Juniors - The Team Approach is designed for coaches, parents, youth organizations, bike shops etc. who want to jump start their junior development program. The clinic is worth 1.0 CEU credit.

Coaching Junior Cyclists Agenda

- 9:00 AM Introduction: Frazier Cycling, Georgia Gwinnett College, Attendees Overview of Agenda
- 9:30 AM Juniors are not little adults - Why juniors require a different training program than adults.
1. The importance of fun in the program
 2. Team training approach
 3. Creating success for every child
 4. Creating great individuals, not just great cyclists, code of conduct
 5. Report Cards
- 10:30 AM Break
- 10:45 AM Skills, Skills, Skills
- 11:45 AM Lunch
- 1:00 PM On the bike portion with Frazier Cycling Juniors ***
1. Skill Drills (beginner, intermediate and advanced)
 2. Games on the bike
 3. Bumping
- 2:00 PM Coaching a practice with the Frazier Cycling Juniors ***
- 3:30 PM Cyclist and Parent Psychology
1. Interacting with parents
 2. Setting boundaries and expectations
 3. Creating achievable and controllable goals
 4. Role Models
 5. Creating ownership and responsibility for the experienced cyclists.
 6. Avoiding Stress and Burnout
- 4:45 Questions and close

*** Participants are welcome to bring their juniors to practice with the team

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REGISTRATION FORM: Coaching Junior Cyclists - Team Approach

Date: Saturday, April 18, 2009

Location: Cafe:ine Cafe - 4050 Buford Dr., Buford GA 30518 770-614-0801

Contact: Cathy Frazier, cfrazier@fraziercycling.com, 770-513-8640

Cost: \$250, USAC CEU 1.0

Name: _____

Address: _____

City: _____ State: _____

Phone: _____ Cell: _____

Email: _____

Cost of the clinic is \$250. Make check payable to Frazier Cycling.
Send check and this form to:

Frazier Cycling
675 Welford Road
Suwanee, Georgia 30024

Directions and recommended hotels will be sent to you.

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COACH RALPH FRAZIER, USA Cycling Certified Expert Coach

Coach Ralph Frazier is founder of Frazier Cycling Partners. He has over 30 years of cycling experience as an endurance and marathon rider. He has raced competitively and was named the "hottest competitive cyclist" in southeast Ohio. Today Ralph focuses on his coaching clients and juniors cycling team but still competes in 12-hour endurance races. Ralph continues to cycle daily, rain or shine for the last 9 years. He has over 10 years experience as a professional coach. Ralph has 23 years experience in the high tech industry as a software engineer and development manager. He has received numerous patents and awards for his software designs. He continues to employ his technical expertise on website development and statistical and database implementation for Frazier Cycling.

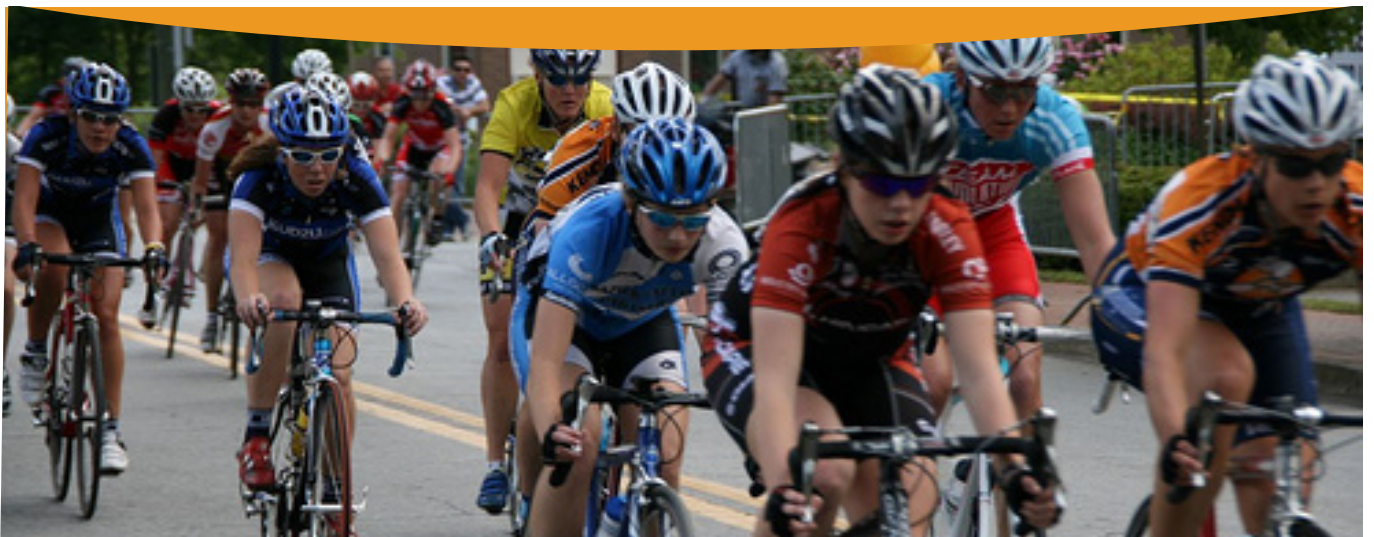
COACH KELLI ROGAN, USA Cycling Certified Expert Coach

Coach Kelli Rogan is a partner with Frazier Cycling. Kelli has excellent credentials and a successful racing history. Kelli Rogan started racing in 1987 at Clemson University and was a co-founder of the Clemson University Cycling Team. She was a several-time Southeastern Collegiate Cycling Conference (SECCC) road race, criterium, and time trial champion. In 1992 and 1996, she participated in the Olympic Track Cycling Trials. She was the 1993 Collegiate National Match Sprint Champion and an All-American. Also, Kelli was a member of the silver medal winning team at the 1995 US Olympic Festival. During her racing career, Kelli had many top 10 US Track Cycling Championships finishes. Her recent coaching experience includes the developmental kids programs at the East Point Velodrome in Atlanta and the Lehigh Valley Velodrome in Trexlertown, PA. Kelli is a USA Cycling Certified Coach and she has been coaching junior and masters level cyclists for ten years. When not coaching, Kelli Rogan is a Financial Advisor who works for Merrill Lynch. She is a graduate of Clemson University and has an MS in Mathematics. Kelli is a CFP and a CRPC and concentrates on managing client portfolios.



Developing our youth generation

A step by step guide for coaches and parents on how to build a successful cycling program for juniors ages 7+



By Kelli Rogan & Ralph Frazier