



Frazier Cycling presents Camp Frazier Junior Road Cycling Camp. Our camps are based on our junior cycling program team coaching philosophy. Our expertise in working with junior athletes and understanding their needs and our proven track record of developing national champions makes our camps very popular. Junior cyclists attend from all over the southeast many returning each year. As with all our camps, parents are welcome to attend as participants.



2011 Camp Frazier is located at King College in Bristol TN. King College has a co-ed cycling program and offers cycling scholarships. It is located in the foothills of the Smokey Mountains and offers excellent cycling routes, cycle friendly-roads with low traffic, and beautiful countryside.

Juniors must be race ages 10-18. Cyclists will be grouped based on skill level and experience.

- Primary - juniors must have experience in group riding, race experience is not required
- Intermediate - race experience required (one season)
- Advanced - seasoned junior or category 3/4 racer

NOTE: The East Tennessee Junior Cycling Team is sponsoring the ETJC Omnium on July 9, 10 in Piney Flats and Bristol TN near the camp. We are encouraging junior racers to take advantage of this opportunity to race in well-run junior-friendly races. ETJC is run by Coach Dennis Ley and has raced with Frazier Cycling for several years. Let us know if you are registered for the races.

Date

Drop off: Tuesday July 12, 1:00 - 5:00 pm
Pick Up: Sunday July 17, 12:00 pm

Location

King College
1350 King College Road
Bristol, TN 37620-2699

Cost

Includes lodging, 3 meals/day and snacks and all training food/drink. Also included is a custom designed camp T-shirt if registered by 6/17/11.

Junior Registration - \$585.00
Early Registration by April 30 - \$535.00
Frazier Cycling Member Registration - \$485.00
Parent/ Registration - \$360.00

Coach Registration - \$585.00

Lodging:

Lodging is in air-conditioned college dorms. Adults are housed in separate suites. Parents can request suites for families if available.

Contact

Cathy Frazier

770-513-8640

cfrazier@fraziercycling.com

General Curriculum

Advanced Bike Handling Skills, Hill Workouts, Time Trial Techniques, Group Rides, Race Preparation, Strategy, and Techniques, Bicycle Clinic - Bike Maintenance, Pack Riding, Cornering, Bridging between Groups, Bumping, Sprint Finishes, Endurance Training, Motor Pacing (advanced)

The curriculum is customized for Primary, Intermediate and Advanced levels. Please indicate on the Registration form what category your child falls. Each level will have a USAC and Frazier Cycling Certified coach experienced in junior development.

Camp Staff

Cathy Frazier, Camp Director

Becky Connelly, Camp Manager

Coaching Staff

Ralph Frazier, USAC Expert Coach, Frazier Cycling Founder and Owner

Kelli Rogan, USAC Expert Coach, Frazier Cycling Junior Development Program Director

AJ Beach USAC/FC Certified Coach, Frazier Cycling Fairhope AL Team Coach

Leanne Wakelin USAT/FC Certified Coach, Frazier Junior Multisport Head Coach

Tina Pic USAC Certified Coach, Frazier Cycling Certified Elite Junior Coach

Guest Presenters

Dr. Stephen Connelly, M.D., guest speaker

Andrew Smith, Nutritionist, Bike Fittings

Barbara Greene, Sports Consultant

Registration

The following is required to attend camp:

1. Proof of health insurance (needed to register)
2. Road ID (must show at camp check-in)
3. Completed rider release and waiver (must be received by or at camp check-in).
 - Download Junior Waiver.
 - Download Waiver for Parents attending camp.

Registration is through www.Bike.Reg.com.



Typical Schedule

Breakfast:	7:30 - 8:15 a.m.
Skill Training:	8:15 - 10:00 a.m.
Practice/Ride :	10:15 - 11:45 a.m.
Lunch:	Noon - 12:45 p.m.
Free Time:	12:45 - 1:45 p.m.
Ride/Practice:	2:00 - 4:00 p.m.
Dinner:	5:00 - 5:45 p.m.
Planned Activity:	6:30 - 7:30 p.m.
Free Time:	7:30 - 9:30 p.m.
Lights out:	10:00 p.m.

A detailed schedule will be emailed to participants the week prior to camp

Things to Bring: *(PLEASE: LABEL EVERYTHING!!!!)*

- Pillow and Sleeping bag or Bed linens for bunk beds
- 3 complete sets of cycling clothes
- Long-sleeved shirt and long pants/sweats for bumping exercises
- Dirty clothes bag (label)
- Laundry bag - get the white mesh zippered bags large enough to hold two days of kits (Walmart carries them). Label the bag. There is a coin-operated laundry in the dorms - \$1.25/load. You can tie a ribbon or an identifier to the bag.
- Plastic bag for wet clothes (put child's name on the bags)
- Bike & gear
- Time Trial Bike (optional)
- Aerobars (optional) NOTE: If your child is using aerobars please have these put on the bike before coming to camp. Also provide a way to store the aerobars once they are removed and instruct your child to store them properly in his/her room.
- Time trial helmet (optional)
- Indoor trainer - in case of rain. If your child is flying to camp, we can help you out by providing your child with a trainer. Label.
- Spare tube and tire
- Water Bottles (2) - Label.
- Front wheel holder (optional) - this is a stand that holds the front wheel in place to keep the bike upright for storage or parking. Label.
- 2 Towels (one bath and one beach) Label.
- Swimwear
- Road ID - any kind is fine but needs to include emergency contact info.



2010 Ono Island Winter Holiday Cycling Camp

Camp Rules:

- Wear helmets at all times while riding bikes
- Ride on the right hand side of the road and follow traffic rules at all times
- We are guests at King College so be respectful and polite to other groups on campus and the administration
- Be respectful to your fellow cyclists, parents, coaches and staff
- Follow all rules and regulations posted by the campus
- Always let your Dorm Room Leader or Coach know where you are going
- No wandering around the campus without the permission of a coach or a staff member
- Do not change rooms without permission from a staff member
- Lights out at 10pm. No leaving your room, no cell phones or texting after 10p.
- Be respectful of your roommates and keep your room neat, put trash in the can, hang up your towels, make your bed, etc.

- Do not waste food or drink. Pick up trash

