



Canberra Cycling Club - Development Squad

The Canberra Cycling Club (CCC) is creating a development squad for riders who wish to improve their riding. The squad will commence on 1 May 2008 and will run on a 12 month basis. The primary focus will be on local club and state races, as follows:

1. Winter Road Series
2. Club Road Championships
3. Summer Criterium Series
4. Summer Road Series
5. Tour de Femme
6. Brindabella Challenge
7. Canberra Tour
8. Canberra Junior Tour

The development squad will be managed by a number of accredited coaches. As a member of the squad you will follow a structured training program throughout the year. The training programs are designed to assist people improve their cycling with a specific focus on the races listed above. As a squad member you will have access to a coach who will work with you to monitor your training progress, provide feedback and adjust your program as required. They will also provide advice on all aspects of cycling, e.g. race strategy/tactics, nutrition, etc. The support you receive from your coach will be similar to that from a basic program from a private coach. Should you require additional assistance/support you can discuss this with your coach.

The development squad will run two group-training sessions each week (inc. indoor trainer sessions during winter), focussing on specific aspects of your fitness and cycling skills.

To be eligible to be a member of the CCC Development Squad you will need to meet the following requirements:

- You must be a member of the CCC with an appropriate race licence (club or open).
- You should be able to commit to at least 4 days of training per week and/or a minimum weekly training load of approximately 8 hours.
- Be able to regularly attend the two group training sessions each week (absences due to illness, work commitments, caring requirements, etc accepted).
- Be able to race in most CCC organised road races and criteriums (as indicated above).
- Be 15 years or older as of 1 January (i.e. under-17 age group or above) **AND** be capable of riding in at least Women's C grade or Men's E grade.

Coaches

The development squad has several coaches who will provide services to members. These coaches are:

Cheryl Woods - Senior Development Squad Coach (road and MTB)
Accredited Level 2 cycling coach (Level 1 MTB)

Squad Management
Training program development and monitoring
Provide cycling advice and support to riders and other squad coaches
Bike fit/set up

Cheryl started cycling as a junior on the road and track, and moved into Mountain Biking. She started coaching athletes who were part of the Talent Identification program 10 years ago. Several of these athletes went on to race at the nationals and world titles.



Jason Mahoney - Level 1 cycling coach – Pending (all assessments completed)
Development Squad Coach (road and track)

Training program development, monitoring and advice
Bike fit/set up
Performance testing (e.g. max heart rate test)
Group ride coordinator

Jason has a background in soccer, triathlon and cycling. Jason was a state representative soccer player and junior coach before switching to triathlon in 1998 and then road cycling in 2003.

Costs and How to Join

The cost for development squad members will be \$260 p.a. - which is extremely cheap when compared to the cost of a private coach. This amount will be payable in advance.

To express your interest in joining the development squad simply email the following details to jasonm.home@gmail.com.

- Your name
- Your age and a brief history of your sporting background, especially cycling.
- Your current racing grade for both crits and road races (MTB as well if applicable)
- Your three main cycling goals for the next 12 months (May – April).
- Your contact details (email and phone)

Once all applications have been received a confirmation email will be sent requesting further details and payment.

Further Information

If you would like further information on the CCC Development Squad please contact Jason Mahoney at jasonm.home@gmail.com or phone 0437972768.