



# CANBERRA

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## CYCLING CLUB

### Development Squad - 2010/11

The Canberra Cycling Club (CCC) Development Squad has been running since May 2008. In the last year our members have notched up an impressive 47 road race victories, 36 second place and 27 third place finishes. Our members have also won a combined 14 medals in club and Australian championships.

The club will be continuing the development squad program over the next 12 months as three separate programs, each running for six months. These programs will be:

1. Winter road race program. 3 May 2010 – 31 October 2010. This program will focus on local and NSW 'open' road races.
2. Summer Crit/Track Program. 15 September 2010 – 14 March 2011. Primarily focussed on preparing riders for the criterium and track racing seasons.
3. Summer road race program. 1 November 2010 – 1 May 2011. This program will focus on the local summer road races and Riverina series, culminating with the Canberra Tour.

At this time we are calling for expressions of interest for riders interested in joining the squad's winter road race program, which will commence in the first week of May. During this program the primary target races will include the Iron Mike and the club road race championships. Other winter series point score races will also be included and there will be an option for riders wishing to target 'open' races in NSW.

As a member of the squad you will be provided a structured training program, which is designed to improve your racing performance and skills, with a specific focus on the target races for each program. Each rider will have a dedicated 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.

The squad runs two group-training sessions each week. During the winter these will be at 6am on Tuesday and Thursday mornings. However, there will be 6-8 weeks during winter where one session per week may be an indoor trainer session.

#### Eligibility

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

- Be a member of the Canberra Cycling Club, with an appropriate race licence.
- Be able to commit to 5-6 days of training per week and a minimum weekly training load of approximately 8-10 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 regularly compete in local CCC road races.
- Be capable of riding in at least Women's C grade or Men's E grade after 6 weeks of regular training, including juniors in the U15 category and above.



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### Advanced Option

In the past the squad coaches have offered an advanced option where riders receive an individually customised training program. This option is designed to assist riders who are targeting a specific race goal, such as national championship other high profile events.

This year the number of riders accessing the advanced option will be limited to a maximum of 3 riders per coach. Riders wishing to join the squad on the advanced option are required to provide a 1-page written application providing a summary of their recent training and race results along with details of their goals and target races in the next 12 months. The development squad coaches will assess all applications and select riders based on merit, with a particular focus on their ability to follow a structured training program, their target races and previous results.

Participation in the squad on the advanced option is a 12 month commitment.

### Coaches

The development squad has two coaches who look after the training programs. These coaches are:

- Cheryl Woods - Accredited level 2 cycling coach (Level 1 MTB)
- Jason Mahoney - Accredited level 1 cycling coach (Level 2 in progress)

### Costs and How to Join

The cost for development squad winter program will be \$150 (for six months). The advanced option is \$400 per year. This amount will be payable after the first two weeks of training.

To apply to join the development squad, simply email the following details to [jasonm.home@gmail.com](mailto:jasonm.home@gmail.com) before Friday 16th April.

- Your name
- Your age and a brief history of your sporting background, especially cycling.
- Your current racing grade for both criteriums and road races, as applicable
- Your three main cycling goals for the next 6 months (November 2009 – April 2010).
- Your contact details (email and phone)

Plus, a one-page written application if you are applying for the advanced option.

Please note: This year there will be a limit of 26 riders to the squad. This is to ensure the coaches can provide adequate assistance to every rider. Once all applications are received the coaches will assess each rider's suitability for the squad and advise them of the outcomes.

### Further Information

If you would like further information on the CCC Development Squad please contact: Jason Mahoney at [jasonm.home@gmail.com](mailto:jasonm.home@gmail.com), or by phone on 0437 972 768.