



CANBERRA

CYCLING CLUB

Development Squad - Summer 2009/10

The Canberra Cycling Club (CCC) Development Squad has been running since May 2008. During this time our members have notched up an impressive 39 road race victories, 29 second place and 38 third place finishes. Our members have also won a combined 14 medals in club and Australian championships.

The club will be expanding its program over the coming summer season to include a speed cycling Program (track/criteriums) as well as continuing to provide a program focusing on endurance (summer road races/criteriums). Once the track season is completed the squad will focus on preparing members for the Canberra Tour in 2010. The club would like to invite riders to register their interest in joining the squad for the summer program, which will run from the start of November through to the end of April 2010.

Key races over the summer will depend on the chosen program. These are outlined below:

Speed (Track/Crits) Program

1. Summer Track Racing Series
2. Summer Criterium Series
3. Track Championships
4. Criterium Championships

Endurance (Road/Crits) Road Program

1. Summer Road Races
2. Summer Criteriums
3. Criterium Championships

By being a member of the squad you will be provided a structured training program which is designed to improve your cycling with a specific focus on the races listed above.

Each of the speed and endurance programs 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. Should you require additional assistance/support you can discuss this with your coach.

The development squad runs two group-training sessions each week. The training days for the speed program will likely be Thursdays mornings and Saturday afternoon, while for the endurance program will likely be Tuesday and Thursday mornings.

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, or join the CCC and have an appropriate race licence.
- You should be able to commit to at least 5 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 regularly compete in local 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.



Coaches

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

Cheryl Woods - Speed Program Coach
Accredited Level 2 cycling coach (Level 1 MTB)

Jason Mahoney - Endurance Road Program Coach
Accredited Level 1 cycling coach (commencing level 2 in Dec 2009)

Costs and How to Join

The cost for development squad summer program will be \$150 (for six months). This amount will be payable after the first two weeks of training. Juniors may wish to approach the Junior Development Fund for assistance with their fees.

To apply to join the development squad for the summer program, simply email the following details to jasonm.home@gmail.com before 25th October 09.

- 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)

Further Information

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