



CANBERRA

CYCLING CLUB

Development Squad - Summer 2010/11

The Canberra Cycling Club (CCC) Development Squad has been running since May 2008. During this time our members have notched up an impressive 80 road race victories, 72 second place and 53 third place finishes. Our members have also won a combined 33 medals in club, state and national championships.

Have you even wondered what 'track cycling' is all about, how to ride a faster in a criterium, or how do I perform better in road races. The development squad is suited to cyclists who have been riding for a little while (or who have completed a novice program before) and want to improve their race performances.

Last summer the squad included a 'speed' program focused on track and/or criterium racing, and this will again be available this summer. The current winter endurance/road program is also being extended through to the start of December to include preparation for the Tour of Bright.

The club would like to invite riders to register their interest in joining the squad for the summer track/criterium program, which will run from the 7 September for 6 months (mid March 2010).

We are also seeking nominations from riders who are interesting in joining the Tour of Bright program, which will also commence on 7 September.

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

Extended Winter/Tour of Bright Program

1. Club Road Championships
2. Local road races, including Corin Classic
3. ACT Hill Climb Championship
4. Tour of Bright

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 programs will initially be Tuesday and Thursdays mornings, however may change later in the season to fit around racing.



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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. (10-14hrs for the Tour of Bright program)
- 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 in the lead up to the target events.
- Have experience riding in bunches and/or racing.
- Be in the U15 age group or older, nb: Tour of Bright applicants must be in the U19 category or older, due to Cycling Australia maximum distance regulations for races.

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 Program Coach
Accredited Level 1 cycling coach (level 2 in progress)

Costs and How to Join

The cost for development squad speed program will be \$150 (for six months). The cost of the Tour of Bright program will be \$75 for 13 weeks. The fees will be payable at the end of the second weeks of training.

To apply to join the development squad for the summer program, simply email the following details to jasonm.home@gmail.com or woods_cheryl@hotmail.com before 1st September 2010.

- 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 (October 2010 – March 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 (phone 0437 972 768) or Cheryl Woods at woods_cheryl@hotmail.com (phone 0412 312 991).