



Canberra Cycling Development Squad

Expressions of interest: 2014 Winter Squad

The Canberra Cycling Development Squad is for cyclists who want to become more competitive road riders or get a start in racing. It is open to members of all clubs and targets fitness, nutrition, bike handling and race craft.

Expressions of interest for the Winter road program are **now open** (closing April 15).

To apply to join the winter intake, complete [this form](http://tinyurl.com/k7leaf5). (<http://tinyurl.com/k7leaf5>)
For more information, please contact the head coach before 15 April.
Cheryl Hulskamp: cccdevsquad1@gmail.com.

The cost for the winter program is \$250 (for six months). This is payable after the first two weeks of training. The first squad training session will be held on 22 April 2014.

The Squad calls for expression of interest twice a year from athletes. The coaches assess athlete suitability for the program. If successful a confirmation email will be sent requesting further details and payment. Squad numbers are strictly limited to ensure the program is able to meet the needs of all squaddies.



Background

The Canberra Cycling Development Squad is focused on cyclists who have been riding for a while, or who have completed or about to complete a novice program. The focus for all riders is on improving fitness, racing, bike handling skills and nutrition (and includes bike kit/setup).

The Development Squad is made up of people from different backgrounds, genders, experience and ages. The youngest member has just turned 15 and the oldest is 50+. Everyone shares the desire to become the best that they can. The squad provides a very supportive team environment for realising each person's goals -- **training, coffee and a team identity**.

Since establishment in 2008, the squad has provided a stepping stone for those wanting to be the best they can on the bike. One ex-Squaddie now races professionally (and is an Australian Championship winner) and six former squad members now race on a NRS Team. The Squad also has an E Grade Club Champion and others moving up the ranks.

The structure of the program

The program is broken into two six-month seasons: each following a structured program that aims to build and test athletic ability through target events.

The coach monitors your progress, provides feedback and adjusts the program if required. The head coach also provides advice on all aspects of cycling, e.g. race strategy/tactics, nutrition, bike fit, etc. The support provided is similar to a basic program from a private coach – but the more effort you put in the more targeted feedback you get!

There are two group-training sessions each week focussing on specific aspects of fitness and cycling skills. You will be taught to ride to your ability while pushing your limits and to train smart. The focus is on getting the right intensity for the right session and avoiding wasted/junk miles. A grade efforts aren't expected from E grade riders.

Once athletes are accepted in to the program, they sign up for a minimum of six months. To ensure easy communication between the coaches and members, the Squad uses a dedicated website, which includes a wealth of resources on training and racing.

We realise it can be pretty hard during winter when it gets a little colder, so once a week there is a scheduled indoor session and also the opportunity to learn the art of track cycling.

Eligibility

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

- You must be a member of Cycling Australia (any club) 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 attend the two group training sessions each week (absences due to illness, work commitments, caring requirements, etc. accepted).
- Be able to compete regularly in local races.
- Be capable of riding in at least Women's C grade or Men's E grade after six weeks of regular training, including juniors in the U15 category and above.