



JUNIOR SKILLS CLINIC

WHAT: A skills clinic designed for junior cyclists, age 10 to 18.

WHEN: Saturday, January 16, 2010 from 8:00 AM - 2:30 PM.

WHERE: Horizon High School in Phoenix (South parking lot off of Nisbet Rd)
(http://maps.google.com/maps?f=q&source=s_q&hl=en&geocode=&q=&ll=33.623848,-111.958988&ssp=0.00754,0.008969&ie=UTF8&ll=33.623991,-111.958698&spn=0.00754,0.008969&t=h&z=17)

REG: Onsite registration ONLY. Registration will open at 7:30 AM.

COST: The cost for the clinic is \$20.00 per student. For those without a USA Cycling license (required for insurance purposes), a one-day license will have to be purchased for \$5. All participants and parent/guardian must sign a USA Cycling Standard Athlete Release Waiver. If you are dropping your child off, make sure to sign the waiver!

SCHEDULE: 8:00 AM – 12:00 AM	Bike Skills and Drills
12:00 AM – 12:30 PM	Lunch Break
12:30 PM – 2:30 PM	Group Ride

NOTE: Each student will be required to bring a safe operating bicycle and an ANSI approved cycling helmet, as well as a BROWN BAG LUNCH.

STAFF:

Steve Campo - USA Cycling Elite Coach. Steve is the founder of Synergy Coaching, LLC. He has been closely involved in the cycling community of over 20 years. He is a USA Cycling Elite Coach, USA Triathlon Level 1 Coach, Director Sportif of Junior Regional team to Tour De L'Abitibi, Canada, and an instructor for USA Cycling Junior Development camps.

Austin King – Retired Pro Cyclist. Austin is a Cat 1 cyclist and has raced professionally with Jittery Joes, Jelly Belly and a French pro team.

Sean Mazich – Pro Cyclist. Sean will be racing for Jelly Belly Pro Cycling in 2010 and was a key member of Team WM's Elite team in 2009.

For questions about the clinic, please contact Scott Edwards at 928-853-6291.



Cycling Skills Clinic

The knowledge and practice of bike handling skills are important, primarily for the safety of one's self and for the other riders in the group situation. I often suggest Rule #1- "always protect the bike" and Rule #2-"always practice Rule #1."

Skills are needed for maneuvering and controlling the bike while being comfortable and gaining confidence when riding close to others in a group.

Racing skills are important for reacting to or executing tactics in the heat of battle. New racers should be aware of and realize that safety, skills, and tactics are key components in successful bike racing.

It's not enough for one's body to be fit through training; one must also develop knowledge of skills and tactics. This confidence gives the rider options for dealing with emergency situations using reflex reactions. The idea is to let the body take over (instinctively) so the mind is free to react to the race at hand.

Example: Drinking (hydration replenishes important nutrients lost during exercise)

For the basic movement, the rider must be comfortable riding with one hand and have the ability to control the bike while reaching for and drinking from a water-bottle during intense race situation like long road races or criteriums. We all know if one does not properly hydrate (every 12 to 20 minutes), that the body and brain will not perform optimally.

Example: Drafting (economy of strength and energy)

For the basic skill, the rider must be comfortable riding closely to others. Riding close behind another cyclist allows one to benefit from the slipstream created by the rider ahead of you. If a rider is too far back, the rider does not get the full benefit of the draft.

The skills should be taught in a closed parking lot and a grassy field for wheel touching.

Entry-Level skills would be:

- **One handed riding**
- **Tire sweeps**
- **Drinking**
- **Look-backs**
- **Pushing team-mate**
- **Straight line**
- **Eyes closed-balance and control**
- **One-legged pedaling**
- **Standing**
- **Riding off to the side of the bike**
- **Slalom or obstacle avoidance**
- **Corning**

Advance level skills would be:

- **Riding with no hands**
- **Emergency braking**
- **Side by side riding**
- **Side by side leaning**
- **Wheel touching**
- **Pace-lines**
- **Echelons**
- **Time Trial starts**
- **Time Trial Turnarounds**
- **Obstacle course**