

Frazier Cycling's Honors Level Program

Honors Level Program (Honors Team, \$0/month) - Members of our Honors Program are, and must continue to be, representatives, ambassadors, role models of Frazier Cycling to maintain their sponsorship in this program. This program is for qualified Frazier Cycling Junior Race Team members who have team leadership qualities and the goal of having an elite, collegiate, and/or professional cycling career. Our Honors Program provides the physical training and race opportunities toward these goals. Here is a list of items included in the Honors Level Program*.

- Custom training plan based on [Training Peaks](#) results
- Specialty training (motor pacing, mountain climbing/descending, etc.)
- Testing and evaluation to identify physical strengths and weaknesses of the individual.
- Psychological training (goal, imagery, team building) and one-on-one with team sports consultant
- Top level national and international races (Europe, Canada, Caribbean, etc.)
- Advanced racing skills
- Team pursuit squad member
- Unlimited access to the coaches (text, email, phone)

A power meter is required for Honors Program Members.

Frazier Cycling provides a [Training Peaks](#) account for each Honors Program Member. Within each account, the individual's personal settings including power levels are maintain by Frazier Cycling Coaches. The power levels are determined as a result of an individual's most recent power test.

Each Honors Program member is responsible for using a power meter during workouts and uploading the resulting files to the [Training Peaks](#) website for analysis and tracking by Frazier Cycling coaches. Practices/rides attendance requirements are fulfilled with file uploads corresponding to the workouts specified by [Training Peaks calendar](#).

Minimum Qualifications:

	Race Age	30-minute Power Test**	3.2-mile ITT**	Career Club Miles**	Minimum USA Cycling Race Category
Junior Men	>=15	4.5 Watts/kg	>26.0 mph	12,000	3
Junior Women	>=15	4.0 Watts/kg	>24.0 mph	12,000	3

****Completion of the Chattanooga Ride** can be substituted for the 30-minute Power Test, 3.2-mile ITT, or Career Club Mileage requirement.

Our Honors Program Qualifications are reviewed annually by our coaches. These qualifications are dynamic. Based on the performance of the team members, the qualifications may change to reflect the abilities of the team. Indeed, over the past 11 years, the 30-minute Power Test and 3.2-mile ITT qualifications have increased significantly since the original standards.

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Fundamental Honors Program Member Commitments:

- Commitment to prioritize Frazier Cycling Race Team over all other sports and activities
- Commitment to lead the Frazier Cycling Race Team by action and example
- Commitment to represent Frazier Cycling in the highest respect
- Commitment to excel as a competitive cyclist
- Commitment to excel as a leader and role model
- Commitment to perform the workouts scheduled on TrainingPeaks calendar
- Commitment to compete in races on Frazier Cycling's race schedule and all other additional races (per TrainingPeaks) assigned by Frazier Cycling
- Commitment to exercise the tactics necessary to maximize Frazier Cycling's Race Team results in USA Cycling's Junior and Category races

1. Honors Program Member Responsibilities:

1. Update [TrainingPeaks](#) Daily; notify your coach or ask a teammate for help if you are having technical issues.
2. Responsible for learning to set up and use your power meter computer.
3. Responsible for learning how use the power meter and Training Peaks software to analyze your own training data.
4. Notify coaches of any changes to your training:
 - a. 2 weeks' notice - vacations and periods you will be unable to train at least two weeks in advance.
 - b. 24 hours' notice to a coach if you are unable to make a scheduled practice for any reason.
 - c. If you are sick or injured contact one of the coaches immediately.
5. If you are unable to attend a race notify coaches at least two weeks in advance.
6. If you are having problems unrelated to training but that affect your ability to train (i.e. poor grades, school field trip, etc.) let one of the coaches know.
7. Maintain a "B" average in school/college.
8. Will not change your scheduled training without permission from a coach.
9. Wear Road ID at all times when on the bike.
10. Conduct yourself at all team functions as a role model for the junior team. Act accordingly as a representative for Frazier Cycling Juniors Honors Team.