

Frazier Cycling Kids/Juniors – Report Card Score Criteria



770-513-8640 www.fraziercycling.com

Definitions of KEY RESULT AREAS

Attitude Criteria – This is the most important Key Result Area.

1. Presents a positive outlook
2. Demonstrates good sportsmanship
3. Treats others with respect
4. Builds honesty, trust and integrity in dealing with others
5. Does not complain or whine
6. Works on self-improvement
7. Focuses on things within the athlete control (such as giving 100%)
8. Strives to keep self-talk positive
9. Keeps competition in proper perspective
10. Accepts defeat and learns from it
11. Avoids arguments
12. Endorses rules and abides by them
13. Focuses on being an individual and avoids comparison with others
14. Understands and accepts that mistakes are part of the sport
15. Unaffected by the misbehavior of others
16. Balances school and other activities

Exhibits 15 or more = 5

Exhibits 12 – 14 = 4

Exhibits 10 – 11 = 3

Exhibits 8 – 10 = 2

Exhibits 7 = 1

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Cycling Skills Criteria

Basic Skills:

1. Can ride using clip-less pedals
2. Demonstrates ability to snap into clip-less pedals in a mass start event
3. Demonstrates proper mounting and dismounting technique
4. Can ride in a straight line
5. Demonstrates proper safety signals
6. Obeys traffic laws
7. Demonstrates balance on bike
8. Demonstrates understanding of proper gear selection based on event and terrain
9. Can ride in a pace line of at least 5 riders
10. Can ride 2x2
11. Demonstrates ability to use front and rear brakes properly
12. Can participate in touching/bumping drills
13. Demonstrates ability to ride with no hands in a controlled manner
14. Demonstrates proper standing start
15. Demonstrates safe drafting technique
16. Can drink from a water bottle while riding
17. Can participate in a pace-line/echelon
18. Demonstrates emergency braking technique
19. Understands the proper use of the front and rear brakes
20. Demonstrates balance when looking over either shoulder

Ages 6 – 11

Exhibits 19 – 20 = 3

Exhibits 15 – 18 = 2

Exhibits 14 = 1

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Advanced Skills

1. Demonstrates ability to bump other riders without losing control
2. Demonstrates proper cornering technique
3. Demonstrates proper technique riding out of the saddle
4. Demonstrates ability to ride in aero bars
5. Able to remove jacket and gloves while riding
6. Pick-up a 16-oz (or bigger) waterbottle from the ground while riding
7. Can track-stand for ≥ 30 seconds < 2 minutes
8. Place and stand a 16-oz (or bigger) waterbottle on the ground while riding
9. Can track-stand for ≥ 2 minutes

Ages 6 – 11

Must exhibit at least 19 of the Basic Skills to attain 3 points

Exhibits 4 or more = 5

Exhibits 2 – 3 = 4

Ages 12 and up

Must exhibit all 20 of the Basic Skills to attain 1 point

Exhibits 8 or more Advanced Skills = 5

Exhibits 5 – 7 Advanced Skills = 4

Exhibits 3 – 4 Advanced Skills = 3

Exhibits 1 – 2 Advanced Skills = 2

Exhibits 0 = Advanced Skills = 1

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Teamwork Criteria

1. Contributes to team activities in a positive manner
2. Cheers and encourages teammates
3. Demonstrates unselfishness and commitment to team
4. Directs efforts for the unity and success of the team
5. Understands being part of a team and how his/her actions affect the team
6. Suppresses individual interests to the objectives of the team
7. Assists others to improve
8. Exhibits a sense of belonging to the group
9. Inspires others to improve
10. Develops social skills through cycling
11. Confronts teammates with corrective action for misbehaving
12. Contributes appropriately to team meetings
13. Represents, portrays, and leads the Frazier Cycling team with the greatest resolve; including representation at public/private events and functions at the exclusion of other teams
14. Advises teammates concerning team rules, school work, attitude, training and racing

Exhibits 13 or more = 5

Exhibits 10 – 12 = 4

Exhibits 6 – 9 = 3

Exhibits 4 – 5 = 2

Exhibits 3 = 1

Attendance Criteria

- Arrives on time for practices, rides and races = 0.5 points
- Comes prepared for practices and races = 0.5 points
- Percent Attendance – Based on 3 practices/rides/races per week for Primary Program Members; 5 practices/rides/races per week for Intermediate Program Members; 7 practices/rides/races per week for Advanced Program.
 - 10-33% = 1 point
 - 34-66% = 2 points
 - 67-100% = 3 points

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Speed/Performance Criteria

6 – 9 year olds

3 mile ITT	>18.5 mph average	1 point
200 m TT or medaled in a race	< 22 seconds	1 point
Participated in a Race		1 point

10 – 12 year olds

3 mile ITT	>20.5 mph average	1 point
200 m TT or medaled in a race	< 18 seconds	1 point
Participated in a Race		1 point

13 – 14 year olds – Girls

3 mile ITT	>23.0 mph average	1 point
200 m TT or medaled in a race	< 16 seconds	1 point
Participated in a Race		1 point

13 – 14 year olds – Boys

3 mile ITT	>25.0 mph average	1 point
200 m TT or medaled in a race	< 16 seconds	1 point
Participated in a Race		1 point

15 – 16 year olds – Girls

3 mile ITT	>24.0 mph average	1 point
200 m TT or medaled in a race	< 15 seconds	1 point
Participated in a Race		1 point

15 – 16 year olds – Boys

3 mile ITT	>26.0 mph average	1 point
200 m TT or medaled in a race	< 14 seconds	1 point
Participated in a Race		1 point

17 – 18 year olds – Girls

3 mile ITT	>25.0 mph average	1 point
200 m TT or medaled in a race	< 15 seconds	1 point
Participated in a Race		1 point

17 – 18 year olds – Boys

3 mile ITT	>27 mph average	1 point
200 m TT or medaled in a race	< 14 seconds	1 point
Participated in a Race		1 point