

Frazier Cycling and Piedmont College Cycling Team presents

2016 Camp Frazier for Juniors

July 10 – 15, 2016

CURRICULUM

Time Trial techniques
 Bike Handling Skills
 Pack Riding, Cornering, Positioning, Bridging Between Groups
 Sprint Finishes
 Race Preparation, Strategy, and Techniques
 Team Racing Techniques
 Sports Psychology
 Endurance Training

AGENDA

Sunday, July 10	2:00 - 4PM	Check-in/room assignments
	3:15 - 4:30PM	Campus ride
	5:30 - 6:15PM	Dinner
	6:30 - 7:30PM	Camp Orientation and Guidelines
	7:30 - 8PM	Review Time Trial Start Order
	8 - 10PM	<i>Fun Activity</i>
	10:00PM	Report to dorms
Monday, July 11	8 - 8:45AM	Breakfast
	9 - 9:30AM	Group Meeting
	9:30 - 10:45AM	Time Trial Skills Lesson
	12:30PM	Lunch
	1 - 1:15PM	Free-time
	1:15PM	Time Trial - Group 1 Line-up
	1:30PM	Group 1 Time Trial - ITT 5 km
	3PM	Time Trial - Group 2 Line-up
	3:15PM	Group 2 Time Trial - ITT 5 km
	5PM	Free-time
	5:30 - 6:15PM	Dinner
	6:30 - 7:30PM	Recap
		Classroom - Criterium Team Strategies & Tactics
	7:30 - 8:30PM	Fun activity
	8:30 - 10PM	Free-time
	10:00PM	Report to dorms
Tuesday, July 12	8 - 8:45AM	Breakfast
	9 - 9:30AM	Group Meeting
	9 - 9:30AM	Stretching/Plyometrics
		Racing Techniques: breakaways, blocking, attacking, teamwork, etc.
		"Wheel Pit" Practice
	12:30PM	Lunch
	1 - 2PM	Free-time
	2PM	Criterium Race Simulation - teams, position, attacks, bridges, sprints

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	5PM	Free-time
	5:30 – 6:15PM	Dinner
	6:30 – 7:30PM	Recap
		Classroom – Road Race Team Strategies & Tactics
	7:30 – 8:30PM	Fun activity
	8:30 - 10PM	Free-time
	10:00PM	Report to dorms
Wednesday, July 13	8 - 8:45AM	Breakfast
	9 - 9:30AM	Group Meeting
	9:30 – 11AM	Touching, balance, control drills
	11AM – 12:30PM	Feed Zone Practice
	12:30PM	Lunch
	1 – 2PM	Free-time
	2PM	Road Race Techniques and drills
		Road Race Simulation – teams, position, attacks, bridges, sprints
	5:30 – 6:15PM	Dinner
	6:30 – 7:30PM	Recap
		Classroom
	7:30 – 8:30PM	Fun activity
	8:30 - 10PM	Free-time
	10:00PM	Report to dorms
Thursday, July 14	8 - 8:45AM	Breakfast
	9 - 9:30AM	Group Meeting
	9:30AM	Endurance Ride - Group I
		Endurance Ride - Group II
		Endurance Ride - Beginners
	12:30PM	Lunch
	1:30PM	Advanced Team Racing Tactics
	3:30PM	Goal Setting and Confidence Workshop
	5:30 – 6:15PM	Dinner
	6:30 – 7:30PM	Recap
		Camp Review
	7:30 – 8:30PM	Fun activity
	8:30 - 10PM	Free-time
	10:00 PM	Report to dorms
Friday, July 15	8 - 8:45AM	Breakfast
	9 - 9:30AM	Group Meeting
	9:45-10:45	Fun Ride
	11AM	Check-out/Pick-up
		Depart