

# Coaching Clinic

## Coaching Junior Cyclists – The Team Approach

### November 13-14, Duluth GA



### Clinic Description

Frazier Cycling has created a junior initiative program that works. We have grown to be the largest program in the southeast and are nationally recognized as the experts in junior development.

USA Cycling calls the Frazier Cycling Junior Development Program “an excellent role model for other clubs’ junior development initiatives.” Coaching Junior Cyclists – The Team Approach is designed for coaches, parents, youth organizations, bike clubs, etc. who want to create and maintain a successful junior development program. The clinic is worth 1.0 USAC CEU credit. Participants are encouraged to bring their bikes so they can practice with the team on Saturday.

### Program Description

- Our program is based on a **team structure**. Many cycling groups who ride together call themselves teams but they may not function or race as a team. Our coaching philosophy focuses on the **”true” team approach**. We train and race as a team.
- We also recognize that junior cyclists are not little adults and need to **“have fun with their teammates”** or else they will lose interest in a sport that is very demanding.
- Parent participation is key to our program. We encourage **parents to practice and ride with their children**. It keeps them fit and gives both parent and child an opportunity to share in a healthful activity.
- Our program takes into account the **physical, psychological, physiological and emotional needs** of young cyclists as well as social considerations and gender differences. All of these aspects have been factored into our program.
- We have kept **detailed statistics** on the team as the members move from young juniors to teens. This data has proven very useful when customizing our training program and setting standards for the different age groups. It also allows us to share this information with other coaches.

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[www.fraziercycling.com](http://www.fraziercycling.com)  
[info@fraziercycling.com](mailto:info@fraziercycling.com)



### Coaching Junior Cyclists Agenda

#### Saturday

- 9:00 AM Introduction to Frazier Cycling, Attendees Overview of Agenda  
9:30 AM Section 1: Building the Program
1. Mission Statement
  2. Define Program Scope, Structure, Training Approach and Racing Elements
  3. Incorporating Junior Development Factors (psychological, physiological, social, gender)
- 11:45 AM Lunch  
12:45 PM Section 2: Implementing the Program
1. Getting Started – Coaching credentials, Locations, equipment
  2. Program Skills and Levels – Defining, Building Competencies, Assessments, Tracking
- 2:15 PM On the bike portion with Frazier Cycling Juniors ( Attendees can practice with team)
1. Skill Drills (beginner, intermediate and advanced)
  2. Games on the bike
- 3:15 PM Coaching a practice with the Frazier Cycling Juniors (Attendees can practice with team)  
4:30 PM Race Ready – Pre Race Preparations, Race Day Logistics, Post Race Communications  
5:15 PM Questions

#### Sunday

- 8:30 AM Teamwork, Sportsmanship, Character Development, Becoming Role Models  
9:00 AM Juniors are not Little Adults – Importance of Having Fun, Avoiding Stress and Burnout, Social  
9:45 AM Working with Parents – Successful Coach/Parent Relationships, Non-Cycling Parents  
10:30 AM Building a Junior Pipeline  
11:00 AM Manual Discussion  
11:30 AM General Questions and close

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REGISTRATION FORM: Coaching Junior Cyclists - Team Approach

Date: November 13-14, 2010

Location: Duluth, GA

Contact: Cathy Frazier, [cfrazier@fraziercycling.com](mailto:cfrazier@fraziercycling.com), 770-513-8640

Clinic Cost: \$325

USAC CEU 1.0

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_

How Did You Find Out About This Clinic \_\_\_\_\_

Cost of the clinic is \$325. Make check payable to Frazier Cycling.  
Send check and this form to:

Frazier Cycling  
675 Welford Road  
Suwanee, Georgia 30024

Hotel information and  
Directions will be sent  
to you.

We encourage you to  
bring your bike so you  
can practice with the  
team. If you are flying,  
we can make  
arrangements to have a  
bike available for you to  
use here.

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## COURSE INSTRUCTORS

### **COACH RALPH FRAZIER, USA Cycling Certified Level 2 Coach**

Coach Ralph Frazier is founder of Frazier Cycling and a full-time professional cycling coach. He has been cycling for over 35+ years. His background is endurance and marathon racing in SE Ohio. He has been coaching for over 10 years. He is a professional race announcer, a published author, writes a regular youth column for Performance Conditioning national publication and does public speaking engagements.

### **COACH KELLI ROGAN, USA Cycling Certified Level 2 Coach**

Coach Kelli Rogan is the junior development director at Frazier Cycling. Kelli Rogan was a co-founder of the Clemson University Cycling Team. She has an impressive racing history including collegiate road and track championships. Kelli was a member of the silver medal winning team at the 1995 US Olympic Festival. She has been coaching junior and masters level cyclists for ten years including the developmental kids programs at the East Point Velodrome in Atlanta and the Lehigh Valley Velodrome in Trexlertown, PA.

## Comments

What Frazier Cycling has accomplished is beyond impressive. They have truly created a program that is focused on the kids and embraces their love of cycling.

Stacey McMikens, Owner of S3Training.

Very impressive group you have. I only wish I lived in your area and could give you all 4 of my kids. I really hope you guys will let us associate with your group as much as reasonably possible. Ally felt like she made some connections and it was really awesome to see her find other girls with similar goals and desires.

Adrian Beach, Owner of Fairhope Bicycle Company

