

Coaching Juniors Clinic January 30 -31. 2010 Atlanta GA

USA Cycling calls the Frazier Cycling Junior Development Program "an excellent role model for other clubs' junior development initiatives."

"This is just great! I think the unique and important aspect of your program is that you have, though the years, collected data, observations etc...and quantified it for your purpose to develop young athletes. Simply put - you are able to compare apples to apples. In my opinion this is the true definition of a Program."

Ken Kontor, Editor of Performance Conditioning

Coaching Juniors Clinic *"The Team Approach"*



**January 30 - 31, 2010
Atlanta GA**

This clinic is worth 1.0 USAC CEU credit

REGISTER NOW:

www.fraziercycling.com or
www.usacycling.org/news/clinic

***The initial release of the publication,
"Coaching Junior Cyclists -
The Team Approach" is included as
part of the clinic.***

Topics include:

Building a program, recruiting, working with parents and creating a continuing structure.

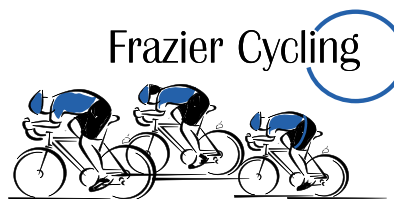
Developing youth based on skills acquisition and physiological, psychological, social considerations

Implementing the Team Approach.

Incorporating the concept of fun and not treating juniors as little adults.

Frazier Cycling has taken 7 years of knowledge and experience working with juniors and tracking their data to develop this clinic. Coaches, parents, and cycling groups who are serious about starting and maintaining a successful junior development program will find this clinic invaluable. The program is designed for juniors 10-18 using the team approach to training and racing. The Coaching Junior Cyclists Manual is included as part of the clinic.

Frazier Cycling Junior Development program is the largest in the SE, and ranks as one of the best in the country. The FC Juniors race team holds 16 national medals and 3 national championship titles from 2008 and 2009.



"Developing Our Youth Generation"

Coaching Junior Cyclists Agenda

Saturday

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

BRING BIKE TO PRACTICE WITH THE TEAM

REGISTRATION FORM: Coaching Junior Cyclists – The Team Approach

Date: January 30, 31, 2010

Location: Atlanta, GA

Credit: USAC CEU 1.0

Cost: \$325 – includes Course Manual and Lunch on Saturday

BRING YOUR BIKE TO PRACTICE WITH THE TEAM!!

Name: _____

Address: _____

City: _____ State: _____

Phone: _____ Cell: _____

Email: _____

How did you find out about this clinic? _____

Make check payable to Frazier Cycling. Send check and this form to:

Frazier Cycling
675 Welford Road
Suwanee, Georgia 30024

Directions and recommended hotels will be sent to you.

Contact: Cathy Frazier, cfrazier@fraziercycling.com, 770-513-8640

COURSE INSTRUCTORS

COACH RALPH FRAZIER, USA Cycling Certified Expert Coach

Coach Ralph Frazier is founder of Frazier Cycling Partners. He has over 35 years of cycling experience as an endurance and marathon rider. He has raced competitively and was named the "hottest competitive cyclist" in southeast Ohio. Today Ralph focuses on his coaching clients and juniors cycling team but still competes in 12-hour endurance races. Ralph continues to cycle daily, rain or shine for the last 9 years. He has over 15 years experience as a professional coach. His coach's column on junior development appears regularly in the Performance Conditioning publication. He is also a professional race announcer.

COACH KELLI ROGAN, USA Cycling Certified Expert Coach

Coach Kelli Rogan is the Director of Junior Development. She joined Frazier Cycling in 2003 with excellent credentials and a successful racing history. Kelli Rogan was a co-founder of the Clemson University Cycling Team. She was a several-time Southeastern Collegiate Cycling Conference (SECCC) road race, criterium, and time trial champion. In 1992 and 1996, she participated in the Olympic Track Cycling Trials. She was the 1993 Collegiate National Match Sprint Champion and an All-American. Also, Kelli was a member of the silver medal winning team at the 1995 US Olympic Festival. Her past coaching experience includes the developmental kids programs at the East Point Velodrome in Atlanta and the Lehigh Valley Velodrome in Trexlertown, PA. Kelli has been coaching junior and masters level cyclists for over 15 years.