

# Frazier Cycling

# JUNIOR DEVELOPMENT TOOLS

coaching tools to develop junior cyclists



## Frazier Cycling Junior Development Tools

Since 2003 Frazier Cycling has been developing junior cyclists using a non-traditional program based on the “true” team approach to coaching and racing. We have pursued our mission to grow the sport of cycling, not by recruiting cyclists from existing junior teams, but by developing youth from the ground up into some of the best junior cyclists in the country. Our success in winning six national championship titles since 2008 has led USA Cycling to recognize our program as a “role model for other clubs’ junior initiatives.” Over the years we have received many requests for help to start other junior initiatives from across the US as well as other countries. To this end we have documented our 10 years of experiences, tracked our stats, efforts, processes and are creating a set of Junior Development Tools. These tools are designed to facilitate the implementation and growth of junior cycling initiatives based on our program.

*Frazier Cycling does an amazing job working with junior riders of all skill levels.*  
- Stuart Lamp, USA Cycling SE Region Coordinator

*I believe that is one of the most exciting athletic programs that I have ever witnessed.*  
- Brent Snodgrass, Georgia Games Cycling

## Who Can Benefit

Race teams, clubs, schools, organizations who want to start a junior cycling program  
Existing junior teams who want to implement the team approach philosophy  
Parents who want to help their juniors train  
Coaches who have junior clients  
USAC Local Associations who are interested in helping junior growth

## Toolkit Products and Services

- Program Manual – Coaching Junior Cyclists-The Team Approach – This manual is the basis for all our tools and services
- Program Lessons Plans for Implementing Structured Weekly Skill Practices
- Program Startup Package - Includes the Manual, Lessons and additional information needed to establish and run a junior development organization
- 2 Day Clinic in Atlanta or at your location - Coaching Junior Cyclists-The Team Approach
- Consulting and Support



## Coaching Junior Cyclists - the Team Approach

### PROGRAM MANUAL

#### COACHING JUNIOR CYCLISTS – THE TEAM APPROACH

This 79-page spiral-bound manual written by Coaches Ralph Frazier and Kelli Rogan is a must for every cycling coach/parent wanting to start a team or advance an existing junior cycling program. The manual reflects how we built the Frazier Cycling junior development program using our team approach to training and racing. The manual is the foundation for all of our coaching tools. All of our products and services are built around the manual's definition of our program.

The manual's 12 chapters cover the steps to building a program by defining, structuring and incorporating junior elements based on physiological, psychological, social, gender and age considerations.

Program implementation covers all aspects of getting started, creating program levels and skills, getting the athletes race-ready all in a positive atmosphere of teamwork, sportsmanship, character development and

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- Program Scope and Structure
- Team Approach: Training and Racing

##### Chap. 2 Structure a Year-Round Program

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- Outlining Training Levels

##### Chap. 3 Incorporate Junior Developmental Factors

- Physiological
- Psychological
- Social
- Gender Differences
- Age Group Observations

#### Section II: Implementing the Program

##### Chap. 4 Getting Started

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- Locations to Practice
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##### Chap. 5 Program Levels and Skills

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- Developing Skills Competency
- Annual Skills Assessment and Tracking

##### Chap. 6 Race Ready

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- Teammates in Competition
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- Non-cycling Parent Perspective
- Basic, Advanced & Post Race Comm.

##### Chap. 11 Filling a Junior Pipeline

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##### Chap. 12 Final Thoughts

- Elements of a Successful Team
- Why Juniors Quit Cycling

#### Tool Kit

- Code of Conduct
- Yearly Calendar
- Weekly Ride Schedule
- Practice Schedule
- Skill Levels
- Skill Building Games
- Individual Skills Assessment
- Report Cards and Key Result Areas
- Race Bag Contents
- Annual Awards
- Power Test Data
- Individual Time Trial Results by Age and Gender
- 2000-2009 Career Mileage Totals

FUN. Also included is how to work with parents (a must) and ways to market your junior program. The unique toolkit section gives you hands on Frazier Cycling sample documents, results, data and assessments.

Grow your coaching program, club, or team using this proven manual. The manual is available in printed format for \$125.00 at the [Frazier Cycling Store](#).

## CLINIC

### COACHING JUNIOR CYCLISTS – THE TEAM APPROACH

- 2-day clinic in Suwanee GA (30 miles NE of Atlanta)
- Includes the Coaching Junior Cyclists – The Team Approach Manual (\$125 value)
- Practice sessions with Frazier Cycling Juniors – Participate in practice with our race team
- USAC CEU Coaching Credit
- Cost is \$375
- On-site clinic for groups – we come to your location - contact us for details

Comments from participants:

***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.***

***Adrian Beach, Fairhope Bicycle Company***

## Clinic Agenda

Building the Program

- Mission Statement
- Define Program Scope, Structure, Training Approach and Racing Elements
- Incorporating Junior Development Factors - psychological, physiological, social, gender

Implementing the Program

Getting Started – Coaching credentials, Locations, equipment

Program Skills and Levels – Defining, Building Competencies, Assessments, Tracking

Skill Drills (beginner, intermediate and advanced)

Games on the bike

Race Ready

- Pre Race Preparations
- Race Day Logistics
- Post Race Communications

Teamwork, Sportsmanship, Character Development, Becoming Role Models

Juniors are not Little Adults

- Importance of Having Fun, Avoiding Stress and Burnout, Social

Working with Parents

- Successful Coach/Parent Relationships, Non-Cycling Parents

Building a Junior Pipeline

Our next clinic is tentatively scheduled for 4Q12. Let us know if you would be interested in attending. If you have several who are interested in attending, we can bring the course to your location when it is convenient for your group. Contact us for more info.

**USAC WEBINAR – JULY 19, 2012**

We will be presenting a USAC Webinar on the Advantages of Team Coaching for Juniors on July19. Sign-up on [www.usacycling.org](http://www.usacycling.org).

**LESSON PLANS FOR COACHING JUNIOR CYCLISTS – AVAILABLE 8/1/2012**

We have taken the same lesson plans we use and organized them to make it easy to plan your weekly practices. Our lesson plans provide the cycling coach with a complete description to teach the targeted skill; equipment needed, instructions to the team, adapting for varying skill levels, and time estimates. These easy-to-follow plans save you time and help you prepare for your training practices. They are designed for all ages, team training, and integrating the inexperienced with the experienced riders. Skills building is a major focus of a junior program, Refer to the Coaching Junior Cyclists Manual for detailed information on how to use skills training to build a team. You can download plans as PDFs through the Frazier Cycling Store.

Bike Handling/Riding Skills  
 Cycling Games  
 Racing Skills

| Bike Handling/Riding Skills     | Cycling Games          | Racing Skills          |
|---------------------------------|------------------------|------------------------|
| Arm to Arm                      | Cat and Mouse          | Low Gear Sprints       |
| Looking Behind                  | Secret Sprinter        | One Legged Sprints     |
| Pushing                         | Water Bottle Relay     | Short Springs I        |
| Squirrel Drill                  | Cycling Basketball     | Short Sprints II       |
| Track Standing I                | Curling Southern Style | Standing Starts        |
| Track Standing II               |                        | Whistle Sprints        |
| Single Pace Line, Dropping back |                        | Feed Zone              |
| Double Pace Line                |                        | Simulated Race         |
|                                 |                        | Team Blocking          |
|                                 |                        | 2 Person 20 km Relay   |
|                                 |                        | 2 Person Team Lead Out |

**START UP PACKAGE – AVAILABLE SOON!  
 JUNIOR CYCLING DEVELOPMENT PROGRAM**

This package is a comprehensive collection of just about everything you would do to start up your program and keep it running as smoothly as possible. This will allow you more time to concentrate on coaching your juniors.

- Coaching Junior Cyclists – The Team Approach Manual
- Practice Guidelines – how to prepare and run a practice, type of practice locations, best coaching techniques
- Start-up Lesson Plans – 6 Weekly Lesson Plans— see above for description of lesson plans
- Operating information and resources - insurance, waivers, safety practices, billing, parent handbook

- Promotions and resources - what works and what doesn't; will save you time and money. Includes samples of promotions, ads, fliers, newsletters. Some with templates ready to go.
- Seeking sponsorship and community support

#### **CONSULTING, ON-SITE AND ON LINE SUPPORT/COACHING**

- Recruitment Support at Parents Meeting
- On-site 2-day training
- Other on-site support
- Email/Phone support

Future

#### **Junior Coaching Club – coming soon**

- On-line access to other junior coaches
- Team discount to Frazier Camps, Events
- Special Pricing & Discounts from Junior - Friendly National Vendors i.e. Hincapie
- Quarterly Coaching Newsletter
- Coaches Training
- Team Stats Maintained

Offering!

Let us know if you would be interested!