

# Frazier Cycling

Junior  
**CAMP** SERIES

## 2014 Winter Holiday Junior Cycling Day Camp December 28, 29, 30 Suwanee, Georgia

### Train with the race team...

This 3 day outdoor day camp gives competitive cyclists the opportunity to train in a team environment with members of Frazier Cycling Juniors team, one the top junior race teams in the country. Nationally recognized experts in junior development, Coaches Ralph Frazier and Kelli Rogan have led the junior team to **55** national medals including **8** national championship titles. Team members will participate in the camp practices and rides. Your child will pick up riding/racing tips from the best!



This is an outdoor day camp designed to teach juniors basic - advanced bike handling skills as well as give them experience in group riding. Parents drop off and pick up each day. Out-of-town families may choose from a wide range of hotels in the area. A link to local hotels is provided below.

**Who can come:** Junior road cyclists and triathletes age 9 and up who have experience riding clipless.

**When:** December 28, 29 and 30

**Where:** Suwanee GA located 35 miles NE of Atlanta in Gwinnett County. I-85 Suwanee Exit 111, exact location to be provided.

**Cost:** (includes lunch/snacks)

- Juniors \$75/day

- Frazier Cycling Jr. Team and Youth Program Members \$35/day

**Registration:** Call 770-513-8640 to register. Deadline to signup is Dec. 26, 2014. Payment in full is due at check-in. Proof of health insurance is required at check-in.

**Hotel:** [Link to hotels close to I-85 Suwanee Exit](#)

**Agenda:** The agenda is flexible depending on the experience level, number of participants and the weather. This is an outdoor camp but we will move indoors if we feel the weather is bad.

**Day 1: Dec. 28**

- Drinking from water bottle while riding
- Touching while riding
- Bumping Wheels and Handlebars
- Sprinting out of the Saddle
- Riding a Straight Line
- Following a Wheel (Riding in a group)
- Cornering
- Standing out of the Saddle
- Afternoon ride



2010 Winter Camp, Ono Island

**Day 2: Dec. 29**

- Riding in a Double Pace-line
- Time Trial Starts
- Bumping/Touching
- Cornering 2 abreast at speed
- Beginning Teamwork
- Riding with no Hands
- Passing/Receiving Water Bottles
- Criterium practice

**Day 3: Dec. 30**

- Morning ride
- Afternoon practices
- Climbing out of the Saddle
- Proper Gear Selection
- Cornering at Speed in a group
- Standing in a Pack
- Sprinting out of a corner
- Shifting while Standing
- Picking up/setting down objects from/to the ground while riding
- Track Standing



2012 Winter Camp, Gulf Shores, AL

**What to bring:**

**Equipment and Gear** - All should be in excellent working condition.

- Bike must be ready to ride and needs no repairs
- Trainer and large towel for underneath
- Spare tube and tire

- 2 Water bottles
- Helmet
- Cycling shoes must have good cleats
- Glasses with amber lens for cloudy weather
- Road ID recommended but not required

**Winter Clothing** - This is a suggested list as clothing will depend on the weather. Although average temps in December are highs in the low 50's and lows in the mid 30's, it can get colder so plan accordingly. It is important for your child to dress warmly. Call if you have questions. Please label everything.

- Long-sleeved jersey
- Lined jacket
- Rain jacket
- Long-sleeved undershirts
- Winter gloves and glove liners
- Lobster gloves
- Warm socks
- Shoe covers
- Arm/leg warmers (if you cannot find small enough leg warmers try adult small arm warmers)
- Tights (girls wool tights work fine)
- Clothing for face, ear and head
- Helmet cover

**CONTACT:** Cathy Frazier, Camps Director  
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