



Frazier Juniors Cycling Camp

Creating Cyclists for Life

By: Steve Sykes

Four a.m. and the alarm goes off, time to get up and hit the road. It is vacation time but this is no ordinary family vacation. For one, my wife is staying home, so it's just me and my 9 yr old daughter heading out into the darkness to Bristol, Tn. We loaded up the suit cases, pillows, cooler, GPS and our BIKES. We are going to camp! Not a campground to go fishing and ride our bikes around the lake but to Frazier Junior Road Cycling Camp!

My daughter Ava is a part of Tampa Bay Tri Sports a local youth triathlon team. Some of our team went up last year and had a terrific time. Ava was finally able to go this year and since the camp is also open to parent/coaches we decided to make it a family experience. I have been riding off and on most of my life and have always loved cycling. I assist in coaching our elite team and ride with Ava as much as I can. Since Ava

will be race age next year I wanted her to get some experience with bike racing and knew that this would be the perfect place to get a start.

The camp was held at King College which ran from Tuesday to Sunday with a much regimented schedule to get the most of the six days camp. The Frazier cycling team had approximately 25 of their Juniors from Atlanta, Georgia and Fairhope, Alabama. The Frazier Juniors ranged in ages from 10-19 with a large number of girls in attendance. My daughter felt immediately comfortable because the team was so friendly and inviting to our "TRI" kids. We had five kids and three parent/coaches in attendance.

Every morning after breakfast we would head to the gym for some stretching, and then off to the skills lesson for the day. The first day was all about the "race of truth." We rode six miles out to the time trial course in nice easy pace lines. The time trial course was near the South Holston Dam which is picturesque with rolling hills and fly fishermen in the river. Everyone was

lined up according to their seed time. Coach Frazier then talked about time trial techniques such as starting in the right gear and pacing. We then previewed the course. After lunch it was time to see how each camper raced against the clock. This would also set up the training groups for the rest of the week.

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Thursday was all about the criterium. In the morning we practiced pace lines and rotating in the pace lines as well as “clipping in” at the start of the race. Coach Frazier had us start at the bottom of a hill and “race for the line.” This also determined who was upfront for the start of the race. After lunch the kids were broken up into teams and had to work on team strategy to get their prospective riders onto the podium. There was nothing flat about Bristol, Tennessee. And the course was quite challenging for those from Florida and their first crit. In the Juniors girls race Tampa Bay Tri Sports was able to place 1-2-3!

On Friday we started the morning off with bumping drills in the grass. They started off holding on to each other’s arms and then leaning on one another. After a few rounds the kids were getting pretty comfortable

and really enjoying themselves by leaning, bumping, and trying to work into lines each other wanted. In the afternoon we had a road race. Two, four and five laps of a 4.5 mile course with a nice steep climb and a screaming decent into the finish line. The teams were shaken up from the crit and new team captains were named. Everyone had a blast coming up with the “winning tactics” for their team. Tampa Tri girls placed 1-2-3!

Saturday was an endurance ride that was put on hold because of rain. The kids played and the dads hopped on their lap tops to catch up on email and of course what was going on with the Tour! The rain let up after lunch and it was time to ride. The younger juniors went on a twenty mile ride with about 1000 feet of climbing. The intermediate group rode thirty miles and the advanced group rode forty out and back with a five mile climb. Living in Florida my whole life that was quite an experience, especially when it decided to pour rain again on the five mile decent!

On Sunday we took one more fun ride out to the dam before we had to check out and head home. Over the six days Ava rode over 100 miles and did not complain a bit. In fact we couldn’t keep these kids off their bikes. Riding in the parking lot before breakfast and after dinner was a norm. Frazier Cycling has created a wonderful team atmosphere and the love of cycling among its members. It was an honor and privilege to be a part

of the camp and I will cherish those memories with my daughter for the rest of my life. My hope is that I can take even a small portion of what I learned at camp and instill a life long love of cycling to my daughter and her friends. While in might be great for teams to develop their “elite” juniors, it is even more important to develop the youth involvement in cycling as a whole. Then there would be an even greater pool from which to develop future racers.

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