

2012 USA Cycling Coaches Summit



Regional Talent-ID Camps update

2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update

Agenda

Cycling camp? What camp?
Meet the Camp Managers
USA Cycling Goals for Camp
How coaches can help



2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update

Six days/ five nights of living and breathing cycling!

- Up to twelve Regional Camps across the USA
- Staff ratio of 1 per 5 campers
- Held in the summertime (no conflict with Nationals)
- Typically centered at a college or university
- For 14 to 22 year old qualified cyclists
- @ \$800 per camper
 - early registration discount (\$750)
 - Grants and financial support available
- average age ~ 16 years old
- USA Cycling licensed for an average of 2-1/2 years
- About 10% of campers return; returning campers see measureable progress and development



2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update

Talent-ID

Development

on and off the bike

- two field tests to measure power output (approximately 5 and 20 minutes)
- skills assessments

- Teamwork
- Skills drills
- Nutrition
- Core
- Training plans
- Training with power
- Tactics
- Talks with professionals
- Sports psychology
- Q&A
- GC competition
- Fun and games



DEVELOPMENT CAMPS

Two field tests

~ 5 minutes and ~ 20 minutes

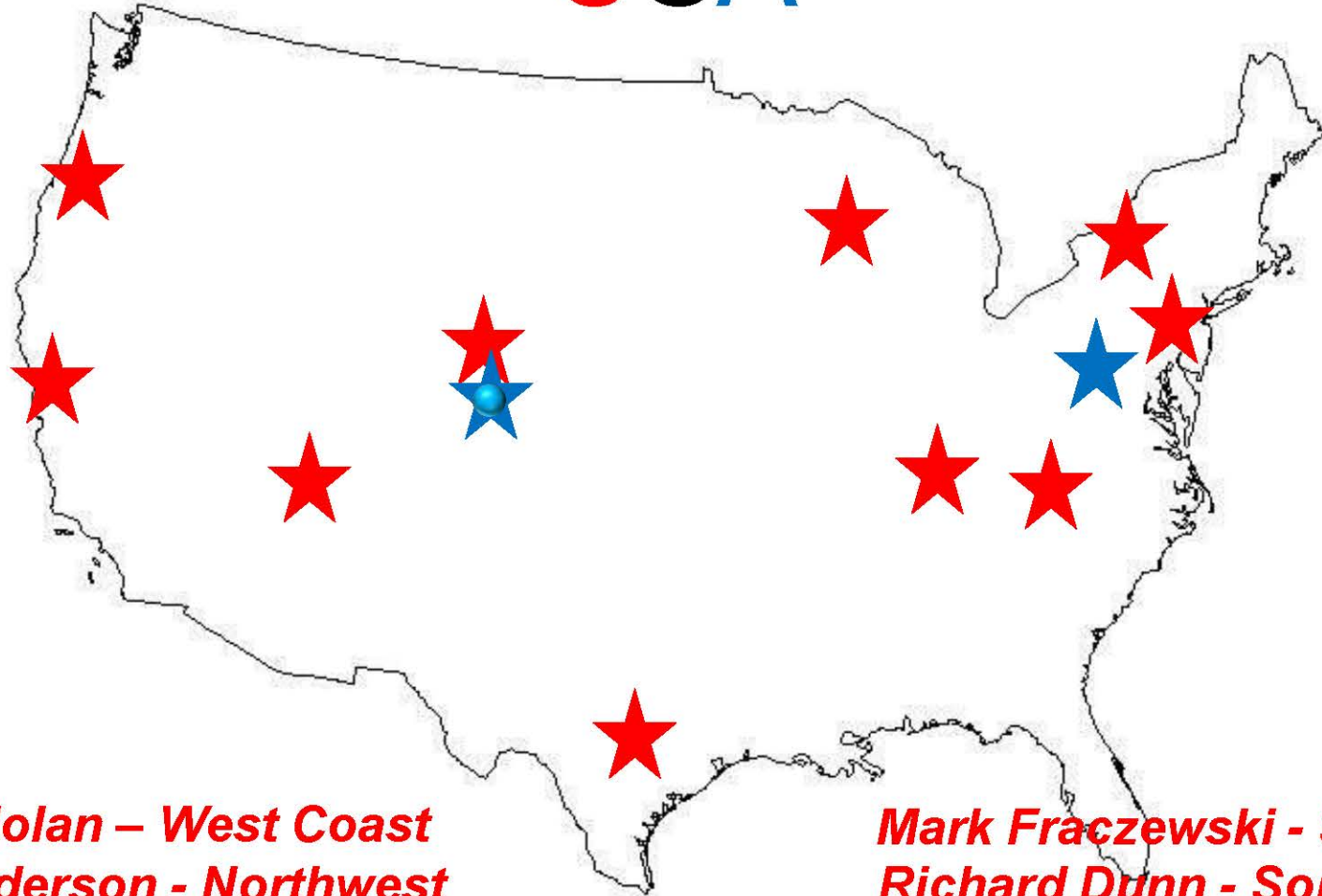
AVERAGE POWER OUTPUT in WATTS per KILOGRAM									
LEVEL	CAT	MEN				WOMEN			
		5 s	1 min	5 min	FTP	5 s	1 min	5 min	FTP
World Record		25.18	11.5	7.6	6.4	19.42	9.29	6.74	5.69
World Class	Int. Pro	24	11.21	7.34	6.17	18.87	9.06	6.36	5.36
Exceptional	Pro	22.22	10.48	6.68	5.61	17.5	8.48	5.79	4.87
Excellent	Cat 1	20.44	9.75	6.02	5.04	16.13	7.91	5.21	4.38
Very Good	Cat 2	18.66	9.02	5.37	4.48	14.77	7.33	4.64	3.88
Good	Cat 3	16.59	8.29	4.71	3.91	13.4	6.76	3.98	3.21
Moderate	Cat 4	14.81	7.56	4.05	3.35	12.03	6.18	3.44	2.82
Fair	Cat 5	13.04	6.83	3.4	2.78	10.66	5.61	2.83	2.32
Untrained		11.26	6.1	2.74	2.22	9.29	5.03	2.26	1.83

Calculation example – you ride exactly 5 minutes on the Pinehurst 2.0kilometer climb.
 You weigh 50 kilograms (110 pounds) and your Power Meter measures an average
 Of 200 watts for the ride. That works out to 4.0 watts per kilogram.



Larry Nolan USA Cycling West Coast Regional Camp Director/ Head Coach
Team Specialized Junior Team Director
Early Bird Training Criterium Series Director

USA



Larry Nolan – West Coast
Jim Anderson - Northwest
Barney King – Southwest and Selection
Jon Heidemann - Rockies
David Wenger – South Central
Lowell Kellogg – Great Lakes

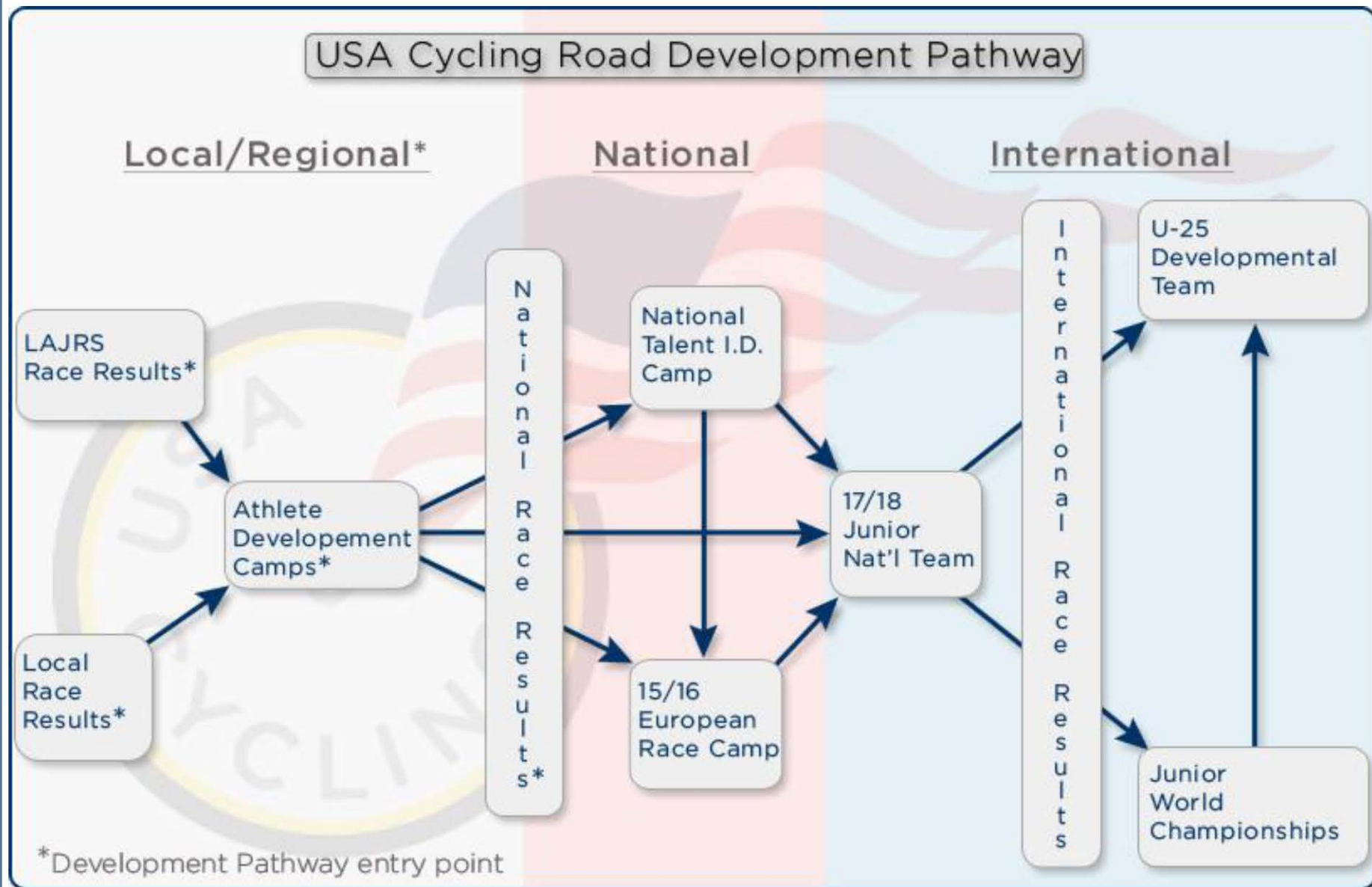
Mark Fraczewski - South
Richard Dunn - Southeast
Todd Scheske - Northeast
Ray Ignosh – Mid-Atlantic
Kristen Dieffenbach - MTB
Ryan Kohler - MTB

USA Cycling Goals for Camps

- **Talent Identification** – got a big engine? podium much?
- **Skills development** – are you willing to perfect new skills and work on your weaknesses?
- **Potential** – how long have you been at this sport, do you have the desire to learn and improve?
- **Personality** - could you spend three weeks with a stranger in a strange land?
- **USA Cycling National Camp and European Development Camps** Nominations



2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update



2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update

How coaches can help

Encourage your athletes to attend a regional camp

14 to 22 years old, category 4 through category 1

Volunteer or inquire about staff openings

214 campers in 2012 at 10 camps ~ 40+ coaches



2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update

Age	Cat 1	Cat 2	Cat 3	Cat 4	Cat 5	
14	-	-	1	8	1	
15	-	-	12	10	3	
16	1	-	19	14	3	
17	-	6	17	15	1	
18	-	2	3	5	-	
19	-	1	1	-	-	
20	-	1	1	2	-	
21	-	-	1	1	1	
22	-	1	1	1	-	
<i>133 West Coast Campers (2009-2012)</i>						



2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update

Age	Cat 1	Cat 2	Cat 3	Cat 4	Cat 5	
14	-	-	1	8	1	
15	-	-	12	10	3	
16	1	-	19	14	3	
17	-	6	17	15	1	
18	-	2	3	5	-	
19	-	1	1	-	-	
20	-	1	1	2	-	
21	-	-	1	1	1	
22	-	1	1	1	-	
<i>133 West Coast Campers (2009-2012)</i>						



2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update

Age	Cat 1	Cat 2	Cat 3	Cat 4	Cat 5	
14	-	-	1	8	1	
15	-	-	12	10	3	
16	1	-	19	14	3	
17	-	6	17	15	1	
18	-	2	3	5	-	
19	-	1	1	-	-	
20	-	1	1	2	-	
21	-	-	1	1	1	
22	-	1	1	1	-	
133 West Coast Campers (2009-2012)						



DEVELOPMENT CAMPS

2012 USA Cycling West Coast Development Camp - detailed schedule (June 27)

	Sunday 1-Jul-12	Monday 2-Jul-12	Tuesday 3-Jul-12	Wednesday 4-Jul-12	Thursday 5-Jul-12	Friday 6-Jul-12			
	1-Jul-12	2-Jul-12	3-Jul-12	4-Jul-12	5-Jul-12	6-Jul-12			
6am							6am		
7am		Tour de France	Tour de France	Tour de France	Tour de France	Tour de France	7am		
8am		breakfast	breakfast	breakfast	breakfast	breakfast, start packing up	8am		
9am		skills and teambuilding	20+ minute field test + lunch on Mount Diablo	Davis 4th of July Crit / USA Bicycling Hall of Fame- meals on the road	skills and teambuilding	Redwood Road	9am		
10am	check-in and relax						10am		
11am	Parent and athlete meeting, introductions, groundrules						11am		
noon	lunch		lunch		lunch, check out	noon			
1pm	5+ minute field Test on Pinehurst - short and long options		Cycling School		GC Awards with Parents	1pm			
2pm		da Bears - one and two loops	Race in Reno Sat. and Sun. (\$1999 prize list for Juniors), ride around Lake Tahoe on Monday - neither a function of camp		2pm				
3pm					road rules; pre-ride Field Test #1 course	3pm			
4pm	Teambuilding in the pool				4pm				
5pm	dinner	dinner			dinner	dinner	5pm		
6pm			6pm						
7pm			Cycling School				Cycling School	Cycling School	7pm
8pm			Team meetings/evaluations				8pm		
9pm	Team meetings	Team meetings	Team meetings	Team meetings	9pm				
10pm	lights out	lights out	lights out	lights out	lights out	10pm			



GC!

2012 USA Cycling Coaches Summit – Regional Talent-ID Camps Update



Thank you!
Any questions?