

## **Ciclismo Youth Foundation Summer Program**

The Ciclismo Youth Foundation summer program is a community-based junior cycling program for youth to develop bike maintenance, riding and racing skills. The program will allow each team member the chance to grow as an athlete and as an individual in a positive atmosphere.

### Goals

1. Teach skills to enjoy both competitive and recreational cycling.
2. Develop each athlete in ALL aspects of cycling.
3. Utilize "Double-Goal Coaching" during all practices and races to develop life skills as well as cycling skills.
4. Introduce racing to those new to cycling.
5. Build and enhance racing skills of riders of all abilities and experience.
6. Create an atmosphere where athletes work together as a team for every rider's success.

The CYF Summer Program will meet three (3) times per week (Monday, Tuesday and weekend) between mid-April and the end of July. Monday's will begin with introductions and bike maintenance, and then focus on bike handling techniques and skills. Tuesday's session will be held at the current local race (NBB ST, City Streets Crit, Lory Mtn. Challenge or NBB CX). There will be a course pre-ride with a coach before each race. The weekend ride will be a focused training ride.

CYF will travel to eight (8) races as well as the sixteen weeks of local racing. At these races there will be support for team members. There will also be opportunities for learning advanced bike maintenance, interacting with local cycling businesses/organizations and meetings/rides with local professional riders.

### Summer Program Includes

1. Coaching and bike practice (3 xs per week) from mid-April through July.
2. Race support at eight team events and the sixteen weeks of CYF racing.
3. Team kit (jersey, shorts, and helmet)

## Youth Responsibilities

Each youth rider will be expected to complete the following activities:

1. Sign code of conduct
2. Pay team dues
3. Follow all rules of the road and trails
4. Racing fees for travel events (all CYF local races are free)
5. Responsible for getting themselves to and from practices and races
6. Maintain safe riding equipment
7. Participate in the cycling community

## Levels of Participation

Full Participation Level:

Cost = \$350

Practice: Monday, Tuesday, and a weekend ride

Kit (Jersey, Shorts & Helmet)

Full support at travel races

Access to CYF purchase program...and all other cool stuff CYF can come up with.

Partial Participation Level:

Cost = \$250

Practice on Mondays and Tuesdays.

Kit (Jersey, Shorts & Helmet)

Free Level

Practice on Monday's and Tuesday's.

## Due Date

Payments and Signed Code of Conduct due by **April 18, 2011**