

Wheelers Youth Cycling Program Description

This is a 7-week skill and fitness development program for cross country Olympic (XCO) style mountain biking. Instruction is meant to support a transition from *Train to Train* –to- *Learn to Compete* within Cycling Canada’s Long-Term Athlete Development Model. The goal is to facilitate life-long participation in cycling and to prepare young cyclists for regional and provincial competition. The focus will not be on winning, but instead on learning to train effectively, handle a mountain bike proficiently, enjoy cycling and adopt a positive attitude towards racing.

Coaching is provided by the Grande Prairie Wheelers Cycling Club.

Riders will be provided with a training manual at the first session on April 30, which will guide them through the program. Coached sessions are scheduled 1-2 days per week. Primary instruction and training happen on Sundays, while Mondays allow for some more skill development and an easy recovery ride. Independent workouts are assigned 2 days per week. These training sessions allow each rider to customize the training to their specific needs and really get the most out of the program. It is recognized that there will be a range in abilities and readiness within the group.

Who is it for?

Boys and girls aged 14-17 who have already experienced the onset of puberty and begun, or completed, their rapid adolescent growth spurt. Special consideration may be given to motivated riders outside that age range. Participants should have an interest in competitive cycling, building fitness and learning to ride more skillfully. If you aren’t sure about eligibility or suitability we welcome you to contact the organizer.

The program is well suited for those who have at least 3 seasons of unstructured trail riding experience, or those who have already practiced basic mountain biking skills and tried racing in the past. A prepared rider is one who has been playing other sports throughout the year and has achieved a solid base of general fitness. Endurance cross-training, core strengthening and vigorous multi-sport participation would be helpful to prepare for the program.

Those wishing to enhance their preparation can try riding or spinning 30-60 minutes 1-3x/week x 4 weeks, followed by 4 days rest before attending the first session on April 30. An unstructured aerobic pace would be appropriate, with a few hard efforts each workout.

Time Commitment

Participant attendance is required on the following dates:

April 30 @ 10 am (2.5 hours), Wapiti Nordic Ski Centre (WNSC) lodge

May 1 @ 7pm (1 hour), Starbucks on Kateri Drive & 68 Ave

May 7 @ 10am (2 hours), WNSC

May 14 @ 10am (2 hours), WNSC

May 15 @ 7pm (1 hour), Starbucks on Kateri Drive

No sessions are scheduled on May long weekend (May 20-22) to allow for regeneration, a focus on family and other important activities.

May 28 @ 10am (2 hours), WNSC

May 29 @ 7pm (1 hour), Starbucks on Kateri Drive

June 4 @ 10am (2 hours), WNSC

June 5 @ 7pm (1 hour), Starbucks on Kateri Drive

June 11 @ 10am (2 hours), WNSC

June 18 Racing at WNSC

“Rain-out” days will be made up on Mondays, or possibly some other day of the week yet to be decided. There are also optional group rides and learning clinics offered during the 7 weeks. We encourage participants to review the Wheelers calendar of events at gpwheelers.ca for further riding opportunities.

Parent or guardian attendance is mandatory on April 30, 10-10:45am at the WNSC lodge.

Cost

This program is free with a 2017 GP Wheelers membership, which costs \$55 and may be purchased by visiting the membership page at www.gpwheelers.ca. Fees support the delivery of a quality program insured through our affiliation with the Alberta Bicycle Association (ABA). A Wapiti Nordic Ski Club (WNSC) membership or summer trail pass is also required, as this is the facility we will be using. Visit <http://www.wapitinordic.com/node/10> to explore year round or summer membership options for individuals and families. A summer trail pass is \$40 for individuals, or \$70 for a family. Race fees and other personal equipment or training expenses are separate. The June 18 Wheelers XCO Race costs \$10. All fees are non-refundable unless the program is cancelled for any reason. In that case a refund will be offered if the Wheelers membership is not desired.

How to Register

You will register by emailing Tyler Stadnek before 11:59pm Friday April 28 at tylers16@telus.net. If you have any questions you are welcome to call Tyler at 780-228-0452. Once you receive a reply email you must purchase a \$55 Wheelers membership before 11:59pm Saturday April 29 by clicking the membership link from [gpwheelers.ca](http://www.gpwheelers.ca). Try <https://zone4.ca/register.asp?id=14746&lan=1&cartlevel=0&addfamily=>. Then you will sign on and receive mandatory orientation in person at 10am Sunday April 30 at the Wapiti Nordic Ski Club main lodge.

Registration numbers will be limited. First come first serve for all eligible riders. Parent volunteers can enable us to take on more registrants. Those interested may contact Tyler Stadnek at tylers16@telus.net, or 780-228-0452

Required Gear at All Sessions

- **A properly fitting mountain bike in good repair. Have it fully serviced and “race ready” to start the program.**
- **CSA, CPSC, ASTM or Snell approved cycling helmet free of damage**
- Glasses: clear, light tint and/or medium tint with UV protection
- Slim fitting layers of clothing. No baggy pants that can get caught in the drivetrain.
- Riding gloves
- Light rain and wind jacket. A vest could also work.
- 1 spare tube, pre-powdered
- Hand pump or CO2 system for inflating your own tire
- 2 tire levers
- Snack for on-bike eating
- Water bottle for on-bike drinking

- Any needed medication or inhalers
- Wrist watch with timer, or a bicycle computer

Recommended Gear

- Slim fitting cycling kit (shorts or bibs, and jersey) with high quality chamois
- Arm warmers
- Leg or knee warmers
- Small backpack/hydration pack, or a saddle bag to hold gadgets
- Bicycle multi-tool
- Extra chain and power link for your bike
- A couple extra tubes
- Chain lube
- Chain tool
- Thin under-helmet cycling cap or toque
- Neck and face warmer
- Bicycle cleaning brushes, spray bottles and microfiber cloths
- Bicycle computer with cadence sensor, GPS or odometer and a heart rate monitor
- Bear spray

Contact

Tyler Stadnek, Organizer & Coach

tylers16@telus.net

780-228-0452