



# **WOODSTOCK CYCLING CLUB**

## **2011 WCC Youth Cycling Program ( Female & Male )**

---



### **Introduction**

The Woodstock Cycling Club is excited to announce that we have established our Youth Mountain Bike Development Programs. We are committed to growing our youth membership and want to meet the needs of cyclists of all ages in our community. We are committed to help our youth cyclists grow and develop their riding skills. We will be offering more opportunities for training, riding, and racing for our youth members. The program will have experienced cyclist providing guidance, skill development and mentorship support.



We have established two streams of participation: Youth cycling orientation and Youth Competitive Mountain Biking. Members may choose to participate in just one or both of the streams. **The age levels should be between 12 and 17 years. We will consider other ages on an individual basis.**

Our Orientation Program is designed to foster confidence and participation. This will be an avenue for all kids regardless of competitive ability. *Cycling is a sport that offers challenges and rewards as well as a social dynamic. Too many kids are left out of activities if they are not tall enough, fast enough or aggressive enough for competitive team participation. We offer an environment based on personal accomplishment at individual skill levels. The only requirement is a desire to have fun while developing fundamental cycling skills. Parents are encouraged to join in either through volunteer efforts or direct participation.*

Members of Both male and female Youth Programs must take out a paid youth or family membership in the Woodstock Cycling Club. Well maintained bicycles and approved helmets are required. ( the club will try to assist anyone on an individual basis. We will also provide bike maintenance demonstrations and assist with bike maintenance )



# **WOODSTOCK CYCLING CLUB**

Participants do not require any other items than the above. It is simple and affordable for all. We are seeking support from corporate sponsors to provide assistance for those that do not have the basics. No one is left out!

Competitive participants are required to race in the WCC jersey. They must hold a valid Ontario Cycling Association license or citizens permit available through the WCC or the OCA. Team sponsorship is also being sought to subsidize some of the expenses in attending race events. This is not a fundraising based program involving chocolate bars, cheese or cookie dough.. Youth fitness, encouraged in an open, supportive environment is a critical part of our communities responsibility and should not be left to uncertain fundraising activities.

## **Organization**

The youth groups will have a coordinator and a cycling leader. Additional support will come from our established riders, adult members and our executive as well as assistance from parents. Individualized training programs can be provided on an individual basis if requested. Interested athletes should arrange to meet one on one with the leader. Both short term and long term goals will be discussed and a plan developed.

Contact with the leader and or coordinator will occur at weekly events and other pre-arranged times. The leaders will attend and support our youth athletes at O-cup or provincial races. We will try to provide help with expenses such as race day food and bike maintenance. However, transportation and registration of the athlete will be the parents responsibility. ( carpooling encouraged ) This is a great experience that all parents will enjoy.

## **Cycling Leaders**

Instruction will be provided by experienced cyclist. These are not certified coaches. However most will have coaching, training, or teaching credentials from various fields. We will make available the credentials of appointed leaders for each program for the respective riding season. The WCC has many accomplished cyclist competitive in Provincial race series.

Additional assistance may be provided by some of our partners including:

- Other club guest coaches as available
- Parental volunteers as available

Each rider will be given a training log book that is to be brought to each ride. The log will be used to record ride dates, durations, times, weekly race/time trial results and training tips.

The WCC is a family club and we encourage all parents to either join as well, (We offer a great bargain on a family membership) or come out to volunteer (volunteers are always needed for timing, turn arounds, support vehicles and organization) or just come out to cheer and support our youth athletes. Program coordinators will provide structural formats including schedules, skill exercises, conditioning and healthy living guidelines.



# **WOODSTOCK CYCLING CLUB**

Program coordinators will provide structural formats including schedules, skill exercises, conditioning and healthy living resources.

## **Location**

The WCC has created and maintains an extensive trail network on the edge of Woodstock. The trail area is called The Pines. We are located adjacent to the Thames river on Concession road 4. ( shared property with the Woodstock Radio Controlled Flying Club ). You can ride there or drive your bike out. There are approximately 20km of marked trails, and a central parking area. We are planning to construct a rain shelter this year as well.

Getting to the Pines is each riders responsibility however there will be a scheduled departure from the main parking area at Roth park at 5:40 each ride day.

## **Training Schedule**

There will two organized training rides per week.

- One weekly ride will be for skills development and conditioning training
- One weekly ride will be a combination of the above and a time trial or short course race to establish & monitor rider improvements.

## **Skills Development**

This is the first year of the program. Since we do not have an established history of rider abilities we will apply general skill building activities suitable for all. The program may be modified to accommodate more specific skill building as required. Rider and Parental feedback is encouraged at all times. An open forum at the end of each day will be used to evaluate the comfort level and expectations of the participants.

### Samples of Skill Development Activities

- o Cornering
- o Hill climbing
- o Descending
- o Slow speed bike handling, control
- o Bike maintenance, adjustment and proper fit
- o Trail design and environmental respect
- o Strength training
- o Endurance training
- o Technical feature riding ( log piles, rock gardens, rooty sections )



# **WOODSTOCK CYCLING CLUB**

## **We have applied for funding support to allow the construction of two skills areas:**

- 1) Pump Track, a short circuit course with small dirt mounds and formed corners called berms. The pump track teaches bike control with momentum and cornering ability. It is also an exceptional workout. The pump track will be located at the main parking area in full observation of leaders and parents.
- 2) Teaching Square, This is a slightly raised platform with off camber sections and short drop offs. Riders learn to navigate uneven terrain, and small turning spaces in a safe manner. The teaching square will also be in the main parking lot area in full view.

Both of these resources are dependent on funding approval. If it is not received we will continue on with the program regardless, just without these features.

## **Goals of Youth Program**

- Increase youth participation in the club
- Provide training and racing opportunities to youth with a focus on local events and O-cup races.
- Provide individualized mentoring to youth wanting to improve their riding skills
- Improve the technical cycling skills of youth members
- Provide basic mechanical abilities in bike repair, adjustment and fit
- Create a club the whole family can participate in together
- Encourage participation in a group dynamic without the competitive pressures
- Foster partnerships with other clubs in our community

WCC also has a number of awards handed out during the season. These apply to both the Orientation and Competitive programs. They are:

- Junior Best All-Round (BAR), Female and Male
- Attendance and participation awards, Female and Male
- Time Trial points leaders Female and Male ( held at our facility, The Pines )
- Sportsmanship and leadership award, Female and Male

*These awards will be presented at the end of the riding season, following the WCC annual race or at the Annual General Meeting typically held in December of the respective season.*



# **WOODSTOCK CYCLING CLUB**

## **Special Events**

The youth section of the WCC will hold several special events to provide opportunities for our youth to socialize and develop as a group. Some of these events may include bring a friend night, post ride barbecue and special themed rides.

## **Pre-ride checklist:**

Please make sure that you have the following items with you at WCC events and practices. Our leaders can help with minor repairs or flats but you must have your own equipment and supplies.

1. Helmet
2. Water or sports drink
3. Energy bar
4. Spare tube(s)
5. Pump or CO2 cartridge
6. Proper clothing for the weather conditions. Riders may be denied participation if they do not have proper clothing for the conditions ( it's about responsibility.. )

## **Proposed Schedule**

We are planning on two ride nights per week Proposed nights are Tuesday and Thursday, starting time of 6pm to 7:30. The WCC web site will have updated times and skill activities for the respective nights.

We will have leaders at the main parking area Roth Park riding out at 5:45pm or you can meet us at the Pines parking lot for 6PM sharp. Transportation to the Pines is the riders/parents responsibility. We ask that younger riders not ride alone to the Pines. Please try to join the group at 5:45 or be driven out.

## **What are the costs?**

The estimated costs involved for a WCC youth rider are as follows:

- Club membership is \$40 per youth or a maximum of \$100 for a youth family, 3 or more children and parents
- If you plan to race in the O-cups or other events you will also need a racing license available from the OCA as a yearly license or as a single race day licenses at the event.
- WCC Youth are asked to wear the club jersey when racing. A WCC Jersey is estimated at \$50 .00
- Race entry fees and training any out of town camping fees will vary depending on the events that you choose to do. We cannot guarantee sponsorship for all races therefore these may be your responsibility.

The WCC is committed to provide all youth riders with these opportunities. Financial assistance may be available for those requiring it. Loan out of equipment is being investigated as well.

This truly is a sport that everyone can enjoy !



# **WOODSTOCK CYCLING CLUB**

## **Other Stuff**

The WCC puts out an infrequent newsletter. Youth are encouraged to contribute race reports , photos, cycling jokes and gear reviews to the editor at [mdunseith@live.com](mailto:mdunseith@live.com) . Plus, visit the [WCC Facebook page](#) and become a fan while staying connected!

*Note: the program format, schedule is subject to change as we evaluate the number of riders, skill levels and volunteer resources. We are a not for profit club run by local individuals offering their time and support for free. This is not a competitive training program. It is about fun and respect.*

## **GET OUTSIDE, GET ACTIVE.... AND HAVE FUN !**

### **Affiliations/Sponsors:**

