



ANNOUNCEMENTS

Cycling BC's Provincial Youth Team Christmas Camp

Dates: December 13th and 14th, 2008.

Locations: Burnaby and Abbotsford.

Invited Athletes: BC Summer Games

Athletes and Talent ID riders from the 2008 season.

Lead Coaches: Provincial Coaches Dan Proulx and Steve Lund

Downhill Provincial Team....

To hold first Training Camp on December 20th-21st, in Squamish. Please RSVP to cyclingbcdownhill@gmail.com

Cycling B.C. eBay fundraiser

If you have anything to add please contact richard@cyclingbc.net

DOWNHILL TEAM! UNITE

CALL FOR RIDERS CYCLING BC DOWNHILL TEAM 2009

Cycling BC is looking for Junior Downhill riders who aspire to be part of the Provincial Team for 2009.

Dave Hord has been appointed as Team Manager for the 2009 Season and will be running a

A Winter Training Camp

December 20 / 21
Place: Squamish

Please reply to cyclingbcdownhill@gmail.com if you are interested.

Numbers will determine exact place & time. Please respond as soon as possible – deadline being December 9th

Please include Name / Age / Riding Category for 2009 / Top 5 finishes in 2008

ALL contact information (Email, 'phone #, address & parents names & contact information)

AND YOUR AVAILABILITY THAT WEEKEND



THANK-YOU!

PLATINUM: Haywood Securities Inc

GOLD: Adera Group, Atac Sportswear

SILVER: Fab-All Manufacturing

BRONZE: H&R Block

CHAMPION SUPPLIERS: Canpages INC
wheelbuilder.com, La Bicicletta Pro Bike Shop, Active Life Physiotherapy, & BBB Bike Parts



YOUTH TEAM

Christmas Holiday Training Camp
December 13- 14th in Vancouver

MTB TEAM

Downhill Team will have the first training camp on December 20-21st in Squamish.

BMX TEAM

Abbotsford Indoor Season starting again December 11th.

ROAD & TRACK TEAM

Burnaby Six Day
December 29th to Jan. 3rd

CYCLING B.C. AWARDS NIGHT

Annual Awards Dinner – A ‘Sold Out’ Success!

The Cycling BC Annual Awards for 2008 represented, in microcosm, the resurgence of this organization.

There were so many awards to be presented, the evening had to be divided into two portions with the junior awards being held in a casual atmosphere where the smells of pizza intermingled with the excited cries of foosball players. There was nothing casual, however, about the number and quality of awards presented.

Awards for the older riders and those for annual achievement were presented following a more formal sit down dinner. A dinner for which extra tables had to be added and was still oversubscribed by eighty people. This, in two years, from the organization who had had to cancel their awards ceremonies for lack of attendance. Every discipline was well represented not only by riders, but also by their coaches, family, friends, supporters and clubs.

It was fitting, therefore, that some of the award recipients were staff members and long time organization stalwarts themselves. It was indicative of the loyalty that has been developed that the applause for staff reached the point of a ‘standing o’ for Richard Wooles when he was named Coach of the Year.

This high level of appreciation was first shown when the riders and staff present in Beijing took the stage. The sight was inspirational as, with so many young up-and-coming riders in the room, the atmosphere became charged with a sense of purpose, desire and admiration. The scene was reflected when National and Canada Cup Champions were gathered on stage for a group shot. They presented a powerful visual image of red and white clad youth with their eyes looking far beyond the lens of the camera to focus on the future.

The venue, the BC Sports Hall of Fame, could not have been more fitting. Not only were two Cycling BC Riders’ pictures hanging on the wall honouring the recipients of the 2008 Premier’s Awards, but also there were avowals made to see a cycling specific area. This will happen. Cycling will continue to grow, prosper and amaze the world from western Canada. It was perfectly clear on the night of Saturday, November 15th – BC is back. Big-time.



B.C.’s National Champions



Dan Proulx, Richard Wooles and the Olympians



Sebastian Sleep and Henry Pejril



Enjoying the games room

CONTACT DETAILS

Please email richard@cyclingbc.net if you would like to be taken off the mailing list for the Provincial Team Update.

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V5Y 3W2

Phone: (604)-737-3034
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Head Coach: richard@cyclingbc.net
MTB Coach: steve@cyclingbc.net
BMX Coach: adam@cyclingbc.net
Youth Coach: youthcoach@cyclingbc.net

BMX CAMP

BMX TESTING CAMP A HIT!

On Saturday November 15th, Team BC held their first training camp on the 2009 season. The athletes gathered at the indoor track at 8am on Saturday morning for an intense camp filled with testing, gates starts and whistle sprints. The camp started with a warm up, gates and testing. Each athlete did 2 vertical jump tests, 2 25-meter sprints and 2 50-meter sprints. The athletes will be tested with these same tests throughout the 2009 season to monitor their performance increases. The camp ended with the athletes doing full lap whistle sprints and some tired athletes.

In 2009 we are building on the groundwork our program has made in the past 3 years. Our focus is changing to create testing protocols to help measure athlete improvement and training focus to improve power and speed. In 2009 our program will have more emphasis on testing and training and less emphasis on team projects. Our program will also be testing the youth and junior teams to help us gauge the level of upcoming talent.

-Adam Muys

CYCLING B.C. COACHES CONFERENCE A GREAT SUCCESS!

Cycling B.C. was the host of the first annual Cycling B.C. Coaches Conference on November 22, 2008. The conference brought coaches from across the province and throughout the Pacific Northwest.

Saturday's conference was an excellent example of how great things happen when coaches communicate!
Congratulations to you and your staff for taking a simple idea, based on the concept of bringing BC cycling coaches together, and putting it together into a full-day interactive coaching conference.

The BC cycling coaching community, represented by 30 coaches in today's session, are now linked together by their acknowledged vision of creating athletic excellence within the province of British Columbia.
Best of luck to you and the coaches in maintaining this momentum on the road to 2012, and beyond.

Yours truly,

Kurt Innes, ChPC
Lead, Performance Planner
Canadian Sport Centre Pacific
NCCP Level 5 Certified Cycling Coach



YOUTH TEAM CHRISTMAS CAMP

Provincial Youth Team Christmas Camp

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Locations: Burnaby and Abbotsford.

Invited Athletes: BC Summer Games Athletes and Talent ID riders from the 2008 season.

Lead Coaches: Provincial Coaches Dan Proulx and Steve Lund

Transportation:

Vancouver Island based athletes:

Athletes will be picked up at Tsawwassen Ferry Terminal at 10:45am on December 13th with the Cycling BC van. Nanaimo athletes must take the 7:45am ferry to make this. Victoria athletes must take the 9am ferry. Athletes from the island will be driven from venue to venue in the Cycling BC van.

Vancouver, Okanagan and Nelson based athletes:

Please meet the group at the Abbotsford BMX track at 12pm on December 13th.

Training Locations:

Abbotsford BMX Track: 32470 Haida Drive, Abbotsford

Boston Pizza Abbotsford: (Team Dinner – Saturday) 32530 South Fraser Way

Burnaby Velodrome: 7564 Barnet Highway, Burnaby

Accent Inn – Burnaby: 3777 Henning Drive, Burnaby

COST:

- The camp is free to all riders invited to attend this camp.
- Athletes who require a hotel room will be charged \$50.00 (based on 2 athletes/room)
- Athletes are responsible for all meals and food.

Return Transportation:

Vancouver Island Athletes: Athletes will be dropped off at Tsawwassen Ferry Terminal for the 5pm (Swartz Bay) or 5:45pm (Duke Point) Ferry.

All other athletes may depart from the Burnaby Velodrome at 3:30pm on Sunday.

Important Equipment

BMX Track:

PLEASE BRING YOUR MOUNTAIN BIKE

Helmet, FULL FINGER Gloves, Jeans, Long Sleeve Shirt, Water Bottle, Snacks

Velodrome:

Helmet, Gloves, Shorts, Jersey, Riding Jacket, Leg/KneeWarmer/Riding Pants, Water bottle, Snacks, Road

Shoes, Road Pedals. Racing bikes are supplied by the velodrome.

Mountain Biking:

PLEASE BRING YOUR MOUNTAIN BIKE

Helmet, FULL FINGER Gloves, Shorts, Jersey, Poly-Pro shirt or other wicking layer, Riding Jacket, Leg

warmers or Riding Pants, Water bottles, Snacks, MOUNTAIN BIKE SHOES. Head band for under helmet.

Warm socks/Booties.

If you have any questions, please email Dan Proulx (youthcoach@cyclingsbc.net)

NEWS!

2009 BMX National Calendar announced from CCA

The Canadian Championships will be held in Kingston, Ontario on June 20-21st. Kingston will be the last opportunity for racers to collect UCI points before the World Championships. The World Championships will be held in Adelaide, Australia on July 24-26th.

Airdrie International, AB (UCI) - 16/05/09

National Championships- Kingston, ON (UCI)- 20-21/06/09

World Championships- Adelaide, Australia- 24-26/07/09

2009 B.C. Cup Provincial Series

Abbotsford Indoor- January 24th, 2009

Abbotsford Indoor- January 25th, 2009

Ridge Meadows- May 23rd, 2009

Ridge Meadows- May 24th, 2009

Action BMX- June 28th, 2009

North Vancouver- August 22nd, 2009

Action BMX- August 23rd, 2009

Abbotsford BMX- September 19th, 2009

Finals- Abbotsford BMX- September 20th,

2009