



WELCOME 2015 SEASON

INTRODUCTION

The Phoenix Velo Youth Group is part of the Phoenix Velo Training Group and is aimed at introducing Youths aged 9-18 to the sport of Bicycle Road Racing in a controlled and structured environment. The Phoenix Velo Youth Group is affiliated to British Columbia Cycling who also provide insurance for riders.



GROUPS

Phoenix Velo Youth operates 4 Training Groups based on the guidelines provided by Canadian Sport for Life (CS4L). Further information can be found at www.canadiansportforlife.ca.

Group 1: CS4L Stage 3: 5:15PM to 6:30PM: **Learn to Train** (girls 9-11, boys 9-12)

Group 2: CS4L Stage 4: 5:15PM to 6:45PM: **Train to Train** (girls 11-15, boys 12-16)

Group 3: CS4L Stage 5: 6:00PM to 8:00PM: **Train to Compete** (girls 15-21, boys 16-23)

Group 4: CS4L Stage 7: 5:30PM to 7:00PM: **Active for Life** (14+)

	5:15	5:30	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	
LEARN TO TRAIN (L2T)	Sign On	Coached Training										
TRAIN TO TRAIN (T2T)	Sign On	Coached Training				RACE						
TRAIN TO COMPETE (T2C)				Sign On	Coached Training			RACE				
ACTIVE FOR LIFE (A4L)	Sign On	Coached Training										

New riders will automatically be placed in a group based on their age. However, coaches may elect to assign riders to higher or lower Groups based on their ability and size.

GROUP 1 LEARN TO TRAIN (L2T) – WHAT TO EXPECT

CS4L States:

“During the Learn to Train stage (females 8-11, males 9-12), children should be converting their fundamental movement skills into fundamental sport skills. This stage is “The Golden Age of Learning” for specific sport skills. Children in the Learn to Train stage are ready to begin training according to more formalized methods. However, the emphasis should still be on general sports skills suitable to a number of activities. As well, a greater amount of time should be spent training and practicing skills than competing. It may be tempting to specialize at this age through excessive single sport training or early position specialization in team sports. This should be avoided in most sports. Inappropriate or premature specialization can be detrimental to later stages of athlete development if the child is playing a late specialization sport. Premature specialization promotes one-sided development and increases the likelihood of injury and burnout.”

The Phoenix Youth L2T Group will focus on individual fitness and skills. The Group will learn the principles of riding a road racing bike including cornering, braking and gear selection. Training exercises will include skills development, short distance sprints as well as longer distance rides. Races will be timed individual efforts over varying distances and riders will be able to chart their improvements throughout the season. The Group will normally use the smaller 24 inch wheel bikes that are easier to handle and have a shorter “reach” to the brake and gear controls.

The Group will meet once per week. The Group meets at the Container at the Mission Raceway at 5:15PM for sign on and bike check. The training session lasts 1 hour from 5:30PM to 6:30PM. Parents, or nominated adult guardian, should remain at the track at all times throughout the session. For safety reasons the Group must be off the track by 6:30PM.



GROUP 2 TRAIN TO TRAIN (T2T) – WHAT TO EXPECT

CS4L States:

“During the Train to Train stage (females 11-15, males 12-16), young athletes need to build an aerobic base and consolidate their sport- specific skills. Towards the end of the stage, they need to focus on strength and the anaerobic alactic energy system. Increased training hours are needed at this stage to develop each athlete’s long-term potential. The ages that define the Train to Train stage are based on the approximate onset and end of the adolescent growth spurt. This period is generally defined as ages 11 to 15 years for females and 12 to 16 years for males. At this stage, athletes are ready to consolidate their basic sport-specific skills and tactics. It is also a major fitness development stage. The Train to Train stage makes or breaks the athlete. Athletes may exhibit special talent, play to win, and do their best, but they still need to allocate more time to training skills and physical capacities than competing in formal settings. To maximize their long-term potential, winning should remain a secondary emphasis. This approach is critical to the long-term development of top performers and lifelong participants.”

The Phoenix Youth T2T Group will focus on fitness, group riding and race skills. Riders will participate in variety of training and racing sessions often in a group environment. Riders will learn how to ride in a “pace line” and will take part in races finishing in group sprints. It is recommended that riders in Group 6 use a “clipless” pedal/shoe combination. For some exercises coaches may elect to split the T2T Group based on ability.

The Group will meet once per week. The Group meets at the Container at the Mission Raceway at 5:15PM for sign on and bike check. The training session lasts 45 minutes from 5:30PM to 6:15PM. The Group will take part in a 15-20 minute race starting at 6:30PM finishing at 6:45PM-6:50PM. For safety reasons the Group must be off the track before 7:00PM.



GROUP 3 TRAIN TO COMPETE (T2C) – WHAT TO EXPECT

CS4L States:

“During the Train to Compete stage (females 15-21, males 16-23), athletes choose one sport in which they will train to excel. Athletes will train to solidify their sport-specific and position-specific skills and all of their physical capacities. These athletes are aiming to compete in national and international events. At the Train to Compete stage, this is where competition becomes “serious.” Athletes enter this stage if they have chosen to specialize in one sport and excel at the highest level of competition possible. Athletes need to commit to high-volume and high-intensity training throughout the year. Instruction in topics such as nutrition, sport psychology, recovery and regeneration, injury prevention, and injury management also become very important. Formal competition becomes more prominent in annual periodized training, competition and recovery plans, and includes major national and international events. Train to Compete athletes are not the average community sport program participant. They committed athletes with recognized talent who have chosen an elite pathway that few others pursue.”

The Phoenix Youth T2C will support competitive Youth athletes representing the Phoenix Velo Club. These athletes will be following a training plan provided by a club coach, of which the Wednesday night group will form just a part. Training will normally be skills based and is aimed at allowing competitive Youth athletes to take part in the adult race program.

The T2C Group meets at the Mission Raceway Track at 6:00PM for sign on. The training session lasts 45 minutes from 6:00PM to 6:45PM. The Group will take part in adult races starting at 7:00PM.

GROUP 4 ACTIVE FOR LIFE (A4L) “FITNESS & FONDO” – WHAT TO EXPECT

CS4L States:

“Active for Life is both a stage and an outcome of CS4L (Age 14+). The Active for Life stage is the final destination of all Canadians. In this stage, athletes and participants enjoy lifelong participation in a variety of competitive and recreational opportunities in sport and physical activity. Active for Life, along with physical literacy and sport excellence, is one of three key outcomes within Canadian Sport for Life in which Canadians remain active in sport and physical activity for life by developing physical literacy. In this stage, no one is pursuing Olympic or open World Championship glory. Some athletes in Competitive for Life are still involved in very high-performance competition that is not leading to the Olympics or World Cups while others are pursuing sport and physical activity for fitness and health, all for personal satisfaction. Athletes and participants enter the Active for Life stage after they have developed physical literacy by the end of the Learn to Train stage and chosen to pursue sport and physical activity according to the goals of the Active for Life stage.”

At Phoenix Youth we recognize that not everybody wants to take part in competitive bicycle racing, and many people have more fitness related reasons for taking to their race bike. The A4L program provides an opportunity for our older Youth riders and Novice adults to enjoy the track experience without the pressure of racing. If your goal is to just get fit or perhaps tackle a Fondo, then the A4L program is for

you. The sessions will focus on paced group riding and perhaps the occasional time trial, but you can rest assured that you won't need to fight out the group sprint.

The A4L Group meets at 5:15PM for sign on and may access the track until 7:00PM. Non race –licenced A4L members must be off the track by 7:00PM.

NON YOUTH GROUP ACTIVITIES

Phoenix Velo Youth Group members will be eligible to take part in other Phoenix Velo Training Group Activities subject to the Head Coach's approval. These activities include;

- Adult Racing every Wednesday; 7:00PM at the Mission Raceway
- Time Trials every second Thursday; 7:00PM at Sumas Flats
- Interval Training every Saturday; 8:00AM at Matsqui Flats
- Club Training Rides every Sunday; Times and Locations vary

See Facebook "Phoenix Velo Training Group" for dates and cancellations.

EQUIPMENT

Each rider must have a properly fitting and approved cycle helmet. We also recommend the use of cycle shorts, cycle mitts and sports sun glasses.

A Phoenix Velo cycling jersey is included in the membership fee.

Riders must ride a road bicycle fitted with drop handlebars, the use of "tri-bars" is not allowed in the youth group.

The club has a limited supply of loan bicycles which are intended to allow new riders to try the sport before committing to the purchase of their own bike. Riders wishing to use Club bicycles must arrive at 5:15PM, please note that;

- Bikes will be allocated from 5:15PM to 5:30PM only; **No Bikes will be allocated once the session starts**
- Bikes will be allocated by the club on a week by week basis; **There is no reserving of bikes**
- Due to the availability of bikes, on some occasions riders may be expected to share a bike
- Preference will be given to new riders who have not previously used a loan bike
- The club does not guarantee the availability of bikes
- Bikes may not leave the Raceway unless taking part in an approved Club Event

MEMBERSHIP AND FEES

The Phoenix Velo Youth Group is open to riders aged 9 to 19. Exceptionally, the club may accept younger riders with prior experience of riding or whose parents will be supporting the sessions.

The membership fee is \$100 which includes;

- Membership to Phoenix Velo Youth Group
- Membership to BC Cycling which includes individual insurance
- A Phoenix Velo Cycling Jersey
- Access to other Phoenix Velo Training Group Activities subject to approval of the Head Coach

Riders will be required to complete the **Membership Application** and **Waiver** attached to this document.

Cheque should be made payable to "Phoenix Velo". We can accept Visa, but no cash please.

CALENDAR

Sessions begin Wednesday 15th April 2015. See Facebook "Phoenix Velo Training Group" for future dates and cancellations.

DIRECTIONS

The Phoenix Velo Training Group uses the Mission Speedway motor racing track as a venue for its Wednesday night training and racing sessions.

Mission Raceway is just off Highway 11 in Mission (Just before the Fraser River Bridge if you are travelling from Mission). Follow the signs for Mission Raceway and enter through the main gate. Once inside make a left turn and follow the perimeter road until it finishes and hopefully you will find us.

Those wishing to use a loan bike must stop at the [Big Steel Box] container in the first car park where we store the bikes.

SOME EXTRA THINGS TO THINK ABOUT

This is the second year that we have been operating a dedicated Youth program, hence we are still experimenting with what works best. Road Racing has some inherent risk and we would ask that you talk to your children about the need for safety. We would ask that parents of all children under 16 remain on site throughout the session; **this is not a drop and go type activity**. We would appreciate any help we can get from parents, in particular we would appreciate help with timing and place judging at the finish line.

Once the session is complete the children can have an opportunity to socialize and they have access to the Go-Kart track if they want to warm down; however, they must remain **under parental supervision** at all times and must not be on the raceway once their session has finished; **please respect this**.

At some periods during the year, the mosquitos at the raceway can be brutal; take what precautions you can.

BUT MOST OF ALL...

Have Fun. While we are encouraging the youth Group to race, it is all about having fun and being part of the team. We are taking riders of all abilities, many of those signed up have never ridden a road bike before, so don't be intimidated; it is as easy as riding a bike!