



WELCOME

INTRODUCTION

The Phoenix Velo Youth Group is part of the Phoenix Velo Training Group and is aimed at introducing Youths aged 10-19 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

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

The Club splits riders into 7 ability based Groups;

A Division	Group 1	Experienced Elite, Category 1 and 2 riders
	Group 2	Faster Category 3, 4 and Citizen riders
B Division	Group 3	Newer Category 3, 4 and Citizen riders
	Group 4	Club Riders
C Division	Group 5	Adult Novice Riders
D Division	Group 6	Youth Learn to Race
	Group 7	Youth Learn to Train

The Groups are ability based not only for Safety, but also to ensure that competition is fair. In the adult Groups a rider who consistently places at the top of their group will be moved to the group above. Youth riders who are capable of racing with one of the adult groups will be given the opportunity to do so at the discretion of the Head Coach. However, it should be noted that where a youth rider races with the Adult groups (Groups 1 to 5) they will no longer be under the supervision of the Youth Group and a separate waiver will be required.

Initially all new Youth riders will be placed in Group 6 or Group 7. Training sessions run from 5:30PM to 6:30PM each Wednesday at the Mission Raceway. Riders are asked to be ready and on their bikes at 5:30PM.



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

MEMBERSHIP AND FEES

The Phoenix Velo Youth Group is open to riders aged 10 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.

GROUP 7 LEARN TO TRAIN – WHAT TO EXPECT

The Learn To Train 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 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.

GROUP 6 LEARN TO RACE – WHAT TO EXPECT

The Learn To Race Group will focus on 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.

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 in the A,B & C Divisions every Wednesday; 6:30PM at the Mission Raceway
- Time Trials every second Thursday; 7PM at Sumas Flats
- Interval Training every Saturday; 8AM at Matsqui Flats
- Club Train Rides every Sunday; Times and Locations vary

CALENDAR

We are currently planning 3 Introduction and Sign On Sessions. Riders can sign on and get measured for their Jersey. We will help riders get set up on their bikes, including those who wish to use club bikes. We will also offer advice to those wishing to purchase equipment. Riders will then be led around the track with an adult leading each group who will assess their starting fitness and skills. We then have 18

weekly training sessions starting from April 23. Please note that we are sometimes subject to short notice cancellation due to either weather or because the track is not available; always check our Facebook page (Phoenix Velo Training group) to confirm the session is going ahead.

April 9: Introduction, Sign On and Bike Fit/Clinic 5:30-6:30 PM at the Mission Raceway

April 17: Introduction, Sign On and Bike Fit/Clinic 5:30-6:30 PM at the Mission Raceway

April 23: First Session

May 7, 14, 21 & 28

June 4, 11, 18, 25

July 2, 9, 16, 23, 30

August 6, 13, 20, 27

DIRECTIONS

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. This is also where you sign on for the first 2 sessions.

SOME EXTRA THINGS TO THINK ABOUT

This is the first year that we have tried to operate 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 after 6:30PM.

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!

