



2011 Junior Road Camp

Dates: May 14th & 15th 2011 (Check-in May 13th)

Location: Rocky Mountain Village Easter Seals Camp
2644 Alvarado Road
Empire, CO 80438
303-569-2333

Attendees: ACA Junior members, ages 8-18. Attendance approximately 50 juniors.

Leaders: The 2011 Junior Road Camp will be directed by Bruce Whitesel, ACA's Junior Development Coordinator, and coached by Jonathan Heidemann. Bruce is a former professional cyclist and father of three young athletes, and Jonathan is a former pro, USAC Elite/Level 1 Coach, and Director of Peak to Peak Training Systems.

Camp Goals: Junior Road Camp provides a safe, structured environment for our juniors to learn the basics of group road riding and racing. Consisting of group rides, contact drills, and talks about training, tactics and nutrition, the Camp is the perfect introduction to road cycling for our young athletes.

Why Camp? We believe that an overnight camp in a unique setting encourages our young athletes to immerse themselves in a positive learning environment. Away from normal distractions, our junior athletes get the chance to live and ride like professional athletes for a weekend. For many of our young riders, Junior Road Camp builds the skills and confidence for a successful lifetime of road cycling.

Cost: Camp attendees receive coaching, lodging, food, and prizes for the weekend for only \$50. The ACA subsidizes approximately 75% of the Camp costs.

A Part of the American Cycling Association's Junior Development Program

The ACA is committed to programs that help young riders develop the skills, strength, healthy habits, and confidence to take part in a demanding sport. Junior Road Camp is an integral part of our Junior Development Program, which also includes FirstBike (helping young riders purchase their first racing bicycle), the Mini Classic Junior Stage Race, and our signature Juniors Ride Free Program. The goal of our Junior Development Program is to encourage and support young bicycle racers in Colorado.