



2013 BRAC Regional Junior Cross (CX) Camp

Friday, September 27, 2013 to Sunday, September 29, 2013

Rocky Mountain Village, Empire CO (<http://goo.gl/maps/jzfyE>)



Junior CX Camp provides a safe, structured environment for our juniors to learn the basics of cycle cross riding and racing. Consisting of group rides, skills riding, contact drills, and talks about training, tactics, bike maintenance and nutrition, the Camp is the perfect introduction to cycle cross cycling for our young athletes. 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 CX Camp builds the skills and confidence that will help them as athletes for years to come. And of course, it is a lot of FUN!



Coach/Staff Team:

- **Head Coach:** Marty Albe, Altitude Cycling – USACycling certified elite level II cycling coach/USACycling certified cycling skills instructor/Competitive Masters Level road racer.
- **CX Skills Coach:** Clint Bickmore – USACycling Certified Elite Level II Coach
- **Coaches:** Tim Lynch, Joe Strandell, Aaron Zoerner, Adam Rachubinski, Aaron Bouplan
- **Camp Manager:** Deirdre Moynihan



In addition to the above the Camp is staff by USAC certified coaches, junior assistant coaches, mentors and parent chaperone



Registration:

- \$75.00 until September 13, 2013
- \$90.00 until September 20, 2013

Registration closes on September 20th or until maximum capacity of 115 campers has been reached. Please note CX Camp has sold out for previous years.



Limited scholarships available.

Registration includes: 2 dinners, 2 breakfasts, 2 lunches, snacks, lodging, coaching, t-shirt

USA Cycling license is required. If you do not have a USAC license you can purchase one at USACycling.org or you can purchase 1 days licenses for the weekend



Register online at: <http://mad.sc/jrcxcamp>

Questions? Please contact Deirdre Moynihan (deemmoynihan@gmail.com / 303-931-6455)



Bicycle Racing Association of Colorado (BRAC) is committed to young riders, and has created one of the country's best Junior Development Programs. Designed to develop the skills, strength, healthy habits, and confidence to take part in a demanding sport, the Junior Development Program has produced many of today's talented American racers, and just as importantly, has helped hundreds of young people to lead healthy and active lives.

USA Cycling Permit Pending

BRAC Junior Camp Program - <http://www.coloradocycling.org/juniors/camps>