



BOULDER
Junior Cycling

Road Program

Mission

The core purpose of BJC
is..

*“ to develop, coach and
inspire junior cycling
athletes”*



Develop

- *We will provide programs for athletes to excel in cycling competition.*
- *We will provide the support structures for athletes to train, travel and race.*
- *We will produce state and national champions and also strive for the podium at Worlds and the Junior Summer Olympics.*

Coach

- *We will recruit and retain USA Cycling certified and/or Elite race-experienced coaches as paid and volunteer staff for training programs, clinics and camps.*
- *We will develop new USA Cycling certified coaches and opportunities for mentoring*

Inspire

- *We will embrace all cycling elements and encourage youth to try all cycling disciplines; as a participant, racer and mentor.*
- *We will develop more than the athlete, but also strengthen the sum of all attributes, such as integrity, honesty and passion in junior cyclists.*
- *We will encourage the Boulder community to develop and promote cycling into a mainstream sport for juniors.*

What sets BJC apart ...

- 501 (c) (3) Non-profit
- USA Cycling Center of Excellence
- USAC- certified coaches
- Comprehensive, sequential program
- Junior specific development allows athletes to excel in racing competition
- Well Organized, Professional, Proven



Progression – Devo 2

- Juniors, 10- 18, with 2 years or less of cycling experience.
- Emphasis is on fun, safe riding
- Learn rules of riding, basic team strategies and tactics.
- Riders with no Road racing experience start in this program



Progression - Devo 1

- Juniors with more than 2 years Road racing experience and have mastered the Devo 2 competencies.
- Focus on racing skills and rider fitness.
- Learn more in depth team tactics
- Learn to develop and follow a training plan.



Progression -Stagiaire

- Juniors 15-18 who have mastered Devo 1
- Usually race in “category” - Cat 3 or above
- Demanding competitive, traveling team; by invitation
- Focus is on excelling in competition; producing state and nationals champions
- Prepare young cyclists to progress to very competitive amateur and professional cycling



Andy Bajadali

Head Coach, Road Program



- Stagiaire Coach
- Optum Pro Cycling (ret.)
- USA Cycling Level 3 certification
- Third year with BJC

Jennifer Reither

Devo 2 Coach

- Fourth year with BJC
- Level 3 USAC certified coach
- 14 years NRC & UCI pro cyclist.
- Director of Nature valley collegiate all star team 2014
- Director of nature valley pro Chase 2013



Yannick Eckmann

Devo Coach

- Pro Road and 'cross cyclist
- Member USAC Worlds CX team 2014, 2015, 2016



Programs – Devo Details

- Twice a week coaching – April 5– August 11, 34 sessions
- Tuesdays & Thursdays 4:30-6 pm during school (times may be adjusted to help with scheduling)
- Summer – Mornings 9-10:30 am (some adjustment possible to help with schedules)

WEATHER CANCELATIONS

- Note: this schedule already allows for weather cancelations.
- An effort will be made to have cancellations by 2 pm.
- However, given the changeable weather in Colorado, and a desire to deliver the product, the coach reserves the right to cancel at the last minute in response to un-for-seen situations.

Programs – Devo 1&2 Details

- 4 Local team races – 2 Travel team races – Team races include coaching race support.
- Access to team deals on products and gear – Requires PARENT VOLUNTEER TO ADMINISTER

Devo Races

Potential local races

- Haystack TT – 4/18
- Koppenberg – 5/2
- Superior Morgul – 5/15 - 5/17
- Bannock Criterium – July 31

2 travel races

- Salida Classic – July 15, 16, 17
- Junior Classic in Silt – Dates TBD - Usually in August

Programs - Stagiaire

- Pre-season team rides in February.
- Riders typically race Cat 3 and above
- Twice a week coaching sessions March 10 – August 11; 40 total sessions
- 8 local races and 6 travel races
- Team races include coaching and race support
- Access to team deals on products and gear

Stagiaire Races

A group of cyclists in various colored jerseys and helmets are racing on a road course. They are leaning forward in a racing posture, pedaling their bicycles. The background shows a grassy area and trees, suggesting an outdoor setting. The image is slightly faded to allow text to be overlaid.

- **Potential Local races**

- Haystack TT – 4/18
- Koppenberg – 5/2
- Superior Morgul – 3 days – 5/15 - 5/17
- Bannock Crit - 7/31

- **Potential Travel races**

- Maverick Classic –Grand Juntion 4/29-May 1
- Tour of America’s Dairyland & Nats 6/25-6/29 & 6/30-7/3
- Salida Classic – 7/ 15 - 7/17

Spring Break Camp

- 5 days training in Moab* (contingent on lodging)
- Team building
- Cooperative
- Price – up charge, TBD usually \$450-\$500

Team Deals on Products/Gear

A group of cyclists in various colored jerseys and helmets are racing on a paved road course. The background shows green trees and a clear sky. The image is slightly faded to allow the text to be read clearly.

- Boulder Cycle Sport- TEAM SHOP!
- Shimano
- Fizik
- Clement
- Ritchey
- Clif
- Skratch
- Retul
- Training Peaks

Team Fees

- Devo 1 & 2 - \$700
- Stagiaire - \$1800 + travel expenses
- Registration on TeamSnap will open tomorrow

Family Discount

- First Rider (most expensive program) Full price
- Second Rider 1/3 off
- Third Rider 2/3 off

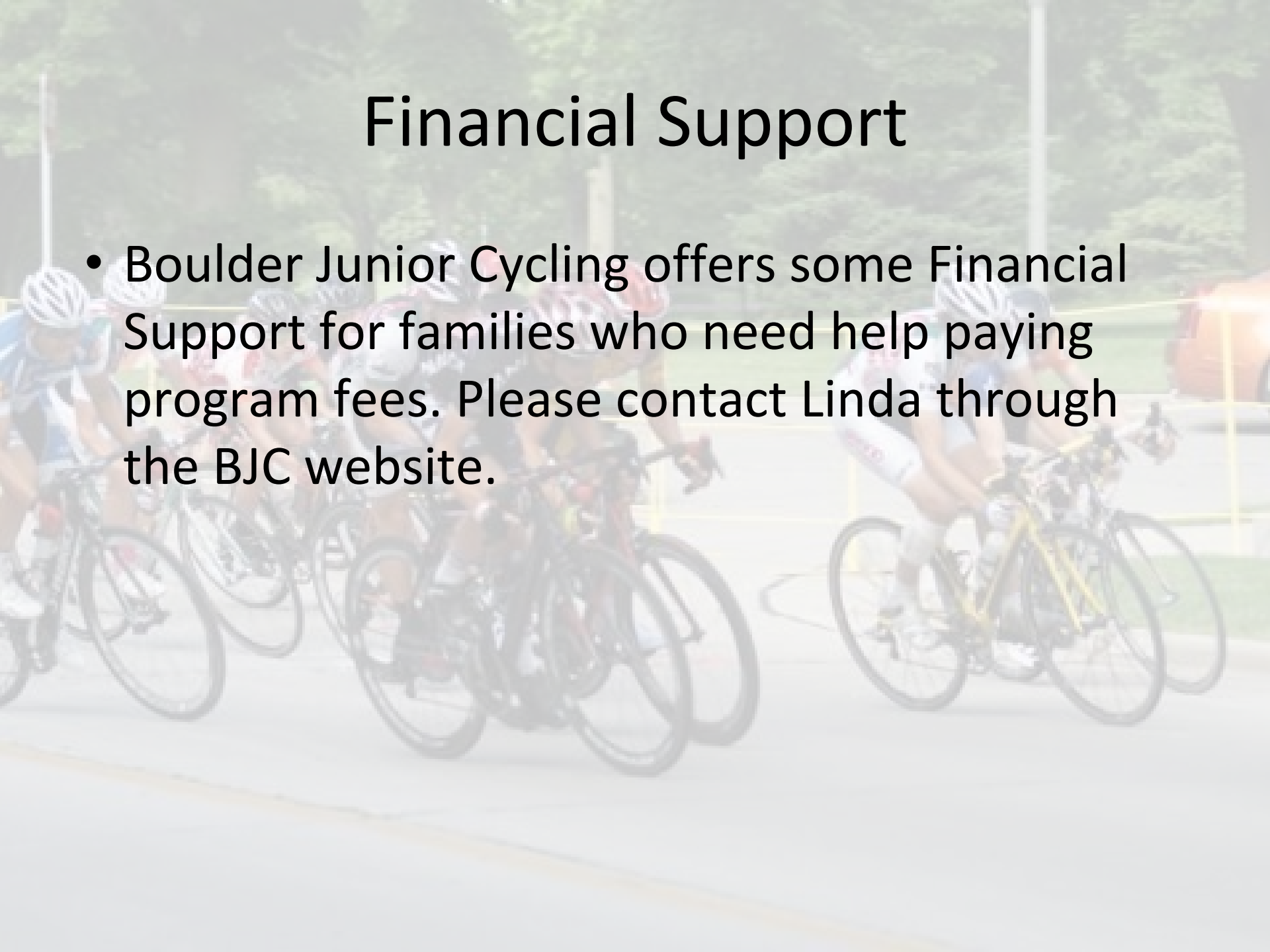


Additional Expenses

- USAC/BRAC Cycling License - \$35 (Most junior races are free!) Go to USA Cycling website.
- Clothing (Jersey, bibs, jacket, vest, leg and arm warmers, etc.) – Cuore store
- Helmets – MANDATORY!
- Travel costs – Salida and Silt

Financial Support

- Boulder Junior Cycling offers some Financial Support for families who need help paying program fees. Please contact Linda through the BJC website.



Things to do

- Register – TeamSnap on BJC website menu tab
- Order clothing – link to Cuore store is on the web site
- Buy licenses – USA Cycling website
- Waiver – BJC website
- Rider contract – BJC Website

Rider Contract

- Be on time
- Communicate with team managers and coach. check email regularly.
- Follow the rules of the road and rules of the trail at all times.
- Be a good representative
 - good sportsmanship at every practice, team event, and race
 - both on and off the bike.
- Participate in team relationship building efforts as requested by manager/coach. THANK YOU NOTES!

Rider Contract – Code of Conduct

- Treat all with respect and dignity and make a sincere effort to support the team and the shared goals of the team.
- NO use any illegal drugs, including any and all performance enhancing drugs
- No alcohol, No tobacco.
- ALWAYS wear a helmet while riding.

Rider Contract – Code of conduct

(continued)

- DON'T take inappropriate risks
- Athletes will follow all traffic laws.

You are an ambassador for the team, the sport of cycling, and your community.

Volunteers

- Base Camp – set up/tear down/snacks
- Product orders - coordinate orders, collect \$, distribute goods
- Parent sweep at Devo 2 practices
- Special events – parties
- Fund raising

Fundraising

Fundraisers that Benefit all of BJC:

Financial Aid & Travel funds – Overhead expenses

- Beer Gardens - October
- School Yard Cross – Late October/November
- Friend Raiser – JK FRY Studio
- Silent Auction – Spring?

BRAC Junior Road Camp

- May 6,7,8, 2016
- Camp Golden Bell, Divide CO
- Registration Link: Not yet available
- *Camp Director: Deirdre Moynihan*

303-931-6455 deemmoynihan@gmail.com

<http://TriVeloSeries.org/>

Questions?

