

Talent Development Training Camp

S.I.T. Velodrome Invercargill

July 10-11-12-13-14 2017

Starts Monday at 6pm Finishes Friday Evening

Criteria: Cyclist who went to under 17 and under 19 track nationals. (female & male)

Limited Spaces Register no later than June 20

sid.cumming@cyclingnewzealand.nz

Cost \$200 each rider. (includes: track hire, swimming pool entry, climbing wall, seminars, track carnival entry)

Payable to Cycling Southland: (Details Name and Talent camp)

Bank Account 031742 0014588 00

Equipment: All track racing and training gear (helmets-aerobars-training and race wheels) Swimming gear-Gym shoes.

Accommodation: Your responsibility.

Camp Format:

Monday 6pm: Meet and Greet. Seminar on **Nutrition** (Pre Training and Racing) and **Strength and Conditioning** (Activation and Stretching).

Tuesday 9am-12 noon: **Track session** (pursuits and flying laps) Break 12noon till 2pm

Afternoon Session: 2pm-4pm: **Track session** (bunches Scratch races)

Wednesday 9am-12noon: **Track session** (teams pursuits and sprints) Break 12 noon till 2pm

Afternoon session: 2pm-4pm **Track session** (bunches Points races)

Evening 6pm Seminar: **Nutrition** (eating for athletes) and **Strength and Conditioning** (body weight exercises for cyclist).

Thursday 9am-12noon: **Track session** (Madison and Keirins) Break 12 noon till 2pm

Afternoon 2pm-4pm Seminar: **Track First Aid** and **Fun Climbing Wall**)

Evening 6pm **Track Carnival**

Friday 9am-10am **Splash Palace Swimming Pool** (hydro slide)

11am-1pm **Track session** (gate starts)

Evening 6pm **Track Carnival** and Finish.