

## **Carnegie Caulfield Cycling Club**

### **Junior Development Pathways**

Carnegie Caulfield Cycling Club offers junior cyclists a range of development opportunities suited to their experience, ambitions and capabilities. These pathways are collectively known as the CCCC Junior Development Programme (“JDP”)

These development opportunities will and have produced State and National Champions, as well as cyclists that are now earning their living from the sport they love.

However we are equally interested in developing junior riders who have different ambitions and capabilities, but who are serious about developing as competitive cyclists no matter what level or grade of cycling they choose to compete at.

Junior development opportunities can broadly be split into two categories, -

- (1) Out-of-competition formal development sessions run by our Club coaches, and
- (2) in-competition development on race days.

The accompanying graphic illustrates the different components of our development pathway, and these are described more fully below. Note that it is anticipated that any junior rider who attends the out-of-competition sessions also participates in at least Clublevel racing, and when they improve their competency, Open level racing.

#### **(1) Out-of-competition Development Modules**

##### **a. Junior Development Programme #1 and #2 (“JDP”)**

A programme based at our Packer Park, Murrumbeena, headquarters and velodrome. Depending on age and ability, cyclists attend one of two groups run on Wednesday or Thursday evenings through-out the year during school term.

During Summer the JDP is held outdoors on the velodrome using either riders’ own, or a club-provided, fixed-wheel track bike. The aim of these sessions is to introduce riders to the excitement of track racing and building the essential skills they need to race safely on a velodrome. These skills are directly transferable to road cycling and the training effect of velodrome cycling is an important component in the development of good road cyclists. During each term, two or three trips to the indoor velodrome at DISC are arranged so that riders can experience the thrill of riding on a steep-banked wooden track as used in the Olympics and other major international and national competitions.

During winter, the sessions are held indoors on wind-trainers with the focus on conditioning to enable riders to tackle the longer races that constitute the winter road racing programme.

Riders are expected to attend club racing during both summer and winter. In summer racing opportunities are provided through our Saturday track meets, Sunday criteriums, and Tuesday Kermesse racing (see below)

In winter racing opportunities exist with the novice clinics at our road racing meetings.

From time to time, selected riders who demonstrate a commitment and aptitude for racing will be offered extension training over and above the midweek sessions.

**b. JDP Extension training**

From time to time, young riders from either JDP session who are regular and motivated racers will be offered extension training sessions in addition to the mid-week sessions.

**c. High Performance Squad**

By invitation, selected riders attend weekly sessions at the indoor track at Darebin to join track training with the Club's Head Coach, Hilton Clarke. Hilton coaches many international-level cyclists and is currently the AIS National Talent ID sprint coach. Selected members of this squad may also be offered a full training programme from Hilton which is tailored to their individual needs and goals, whether these goals are track or road oriented.

Riders who participate in this programme will receive training equivalent to Sports Institute level and will have the opportunity to train with AIS and VIS athletes as well as Seniors and Masters who are training for world titles in both road and track.

It is anticipated that some riders from this squad will have the opportunity of entering Sports Institute programmes and Carnegie's own sponsored team – CCCC Elite Team (see below).

Riders at this level will have already progressed to a high level of racing on road and/or track and are likely to be State and National team members and medallists.

**d. CCCC Elite Team**

The CCCC Elite Team is one of the few fully club-sponsored cycling teams in Australia and aims to support riders who are both talented and are excellent ambassadors for the Club and the sport of cycling generally. As well as Elite Mens, Womens, and Masters teams, CCCC sponsors a small number of highly talented developing juniors, who once again are likely to be State and National medallists and some of whom will gain entry in Sports Institute programmes.

## **(2) In-competition development**

### **a. CCCC Track racing**

Saturday afternoons during summer, Club track racing is held at the Packer Park velodrome. This is graded racing for all junior and senior members of the Club. Juniors are graded in races suited to their ability from rank novice to experienced older juniors who may join the senior racing grades.

The novice racing is structured so that young riders who are new to the sport can compete in relaxed atmosphere and in events that suit their developing capabilities. They also have the benefit of watching our experienced juniors and seniors in higher-intensity racing.

The location of the velodrome at Packer Park is conducive to all members of the family coming down and watching their young riders while spending a relaxed afternoon under the shade of the magnificent Packer Park trees.

It is anticipated that all members of CCCC JDP will attend Saturday afternoon track racing

### **b. Glenvale Crescent criteriums.**

Criteriums are a form of short-circuit road racing on a traffic-free circuit. For some years CCCC has run Melbourne's most successful criterium racing at a circuit in the Glenvale Crescent industrial estate at Mulgrave.

In recent years the Club has run a Novice Clinic which has grown in popularity such that it now regularly gets in excess of 30 novice (mostly junior) riders, from age 10 upwards.

Under the guidance of senior riders, including ex-Olympian Mick Hollingworth, young riders are shown bunch riding and racing techniques in a controlled moderate-paced environment. They can then stay and watch the seniors (and stronger experienced juniors) race at full throttle around the circuit.

Again, members of the JDP are expected to ride some of these criteriums on Sunday, particularly if they are unable to race track on Saturdays.

### **c. Winter Road Racing – novice clinics**

During winter, the Club runs Novice Clinics at our road events. As with the Summer clinics at Glenvale Crescent, these feature modified road racing in a controlled environment under the guidance of experienced senior riders and coaches.