



CAPITAL  MARKETS

# HAYWOOD

**CyclingBC**

## Future Champions Development Camp

Featuring Ron Hayman (former European professional rider), Richard Wooles (National Coach), and other special guest bike racers and coaches



**Have you ever dreamed of becoming a professional bike racer?** Come and take the first step with seasoned Professional and retired Professional bike racers, world class coaches and other experts who have the tools to help you make the transition. This will be the first of what is planned to be an annual camp, with the goal of helping young Canadian riders make the step up to a life as a professional bike racer.

**Camp focus:** Aimed at male and female development-level riders from their mid-teens to early twenties who are primarily road-oriented. It will be invitational, and riders will pay a set fee of \$250 to cover mentoring and coaching, accommodation, a daily catered dinner, and cooking facilities.

We aim to teach the finer points of racing and race preparation. Topics covered will include advanced tactics, mental strategies, physical and mental peaking, dealing with the challenges of travel and racing away from home, equipment choices, eating while away from home, and much more.

There will be timed events, and daily training – though this is NOT a traditional mileage camp.

A two-day stage race will be held in Kelowna on the weekend immediately after the camp, and riders are welcome to attend this race with either their respective teams or as individuals. Some coaches from the camp will also attend this race and give feedback each day.

**Location:** Penticton, BC – Bowmont Hotel

**Date:** Arrive Sunday June 6<sup>th</sup>, and depart Friday evening or Saturday morning (June 11<sup>th</sup> or 12<sup>th</sup>)

**Age:** 15-22 (Space for up to 30 male and 20 female riders)

Penticton offers the most diverse network of quiet rural roads in the Province, providing the best place to train and most suitable environment to teach you how to become a better rounded cyclist.

Interested riders should send a race resume outlining your accomplishments along with a covering letter stating your goals and why you should be considered. **All riders must have a valid CCA 2010 membership.**

**All athletes must confirm their interest in attending** this challenging and exciting opportunity and apply along with their race resume and covering letter **before March 25<sup>th</sup> 2010**. Please email [coach@cyclingbc.net](mailto:coach@cyclingbc.net)