



2011 EILDON JUNIOR TRAINING CAMPS.

#1: **Sunday 10th April – Wednesday 13th April. (First week of school holidays)**

#2: **Sunday 25th Sept. – Wednesday 28th September. (First week of school holidays)**

RUBICON OUTDOOR CENTRE, THORTON: www.rubicon.vic.edu.au

You can see reports of previous Camps in the News section of the BBN website (bbn.org.au), in April and October each year. The following info will provide some details of the upcoming Camp.

Once application forms have been received, riders will be allocated to an appropriate riding group, and a program will be developed for their particular abilities. Note that we only have a limited number of junior places available and they will be allocated in the order of payment received.

Further Information, Applications and queries should be directed to:-
Darryl McClimont 0423 520 314/ <mailto:darryl@mcclimont.com>

Note: completed applications & payment must be received 11 working days prior to the first day of Camp.

OUR MISSION

Our cycling camps' aim is to provide an environment where all riders can: experience a safe, happy and enjoyable cycle training program; meet new cyclists in an environment of friendship and respect; learn personal development skills to assist with their cycling; complete some solid base training for the upcoming road/ track seasons; discover how to take their cycling to the next level.

STAFF/ SUPERVISION.

Camp Coordinators are Darryl McClimont, Paul Parlevliet and Carole Moffat, all of whose children are attending the camp. Coaching services are provided by Simon Quick, Level 2 Cycling Coach. Coordinators hold First Aid Certificates and current Working with Children Checks.

As a parent-led junior Camp, an essential component is parental involvement. Without enough parents, riding groups will be reduced, and the greater enjoyment and benefit of all riders will be compromised.

Riders are to be allocated to daily training groups, according to their age and ability. Ideally there will be at least four groups, generally being Under 13, U/15, U/15/17, and U/17/19. For reasons of safety and instruction, as each group will be riding on public roads, we need to have three Adults (parents/leaders) with each group to act as either lead/follow car or as a riding supervisor. If this ratio is not met then the group will not operate and all monies will be returned.

Parents are asked to make a commitment to these roles for some or all of the days.

Please indicate this when filling out the application form.

Note: the "Parent Helper" discount rate will only apply to the first 12 applicants.

ACTIVITIES

- Road bunch cycling; Individual and team time trailing; Hill climbing; Straight line sprinting; basic skills.
- Nightly review/ discussion/ questions of the day's cycling events/ guest speakers (Sunday nights);
- Other topics: eg. bike maintenance, training methods, team tactics;
- Free time: games room with table tennis, billiards; an outside basketball court; cycling quiz;

ACCOMMODATION

Campers sleep in dormitories of 10 rooms, each of which have one double bunk. Bathrooms and toilets are attached to each dorm. Bed linen is not provided, although a doona and pillow is allocated for each bed.

JM15/JM17 boys will be allocated to one Dormitory, with two adult supervisors (maximum 22 people).

Junior girls and boys J13 and under, into the other Dormitory, with two adult supervisors (maximum 22 people).

Adults/parents will have their own dormitories.

Note: there is a limit on numbers, so get your applications and payment in early to guarantee a place.

TRAVEL ARRANGEMENTS

Parents/guardians are responsible for transporting campers to and from camp. Other parents and Camp Coordinators can offer limited transport to riders who do not have a lift.

MEALS

All meals will be provided, with plenty of fruit, left-overs and water available between meal times. Please bring your own water bottles/ electrolyte ad-mixes, and any snacks which you normally take on long rides.

Please bring a packed lunch for the Sunday.

We would appreciate slices, cakes or biscuits if anyone could oblige in that area.