



JETS Junior Enhanced Training Sessions

Introduction

With the increasing popularity of Cycling, there's been a dramatic increase in the numbers involved in cycle racing. The JETS Program is a serious attempt to raise the standard and quality of Junior riders at the Blackburn Cycling Club in particular, and the Community in general. This Program welcomes applicants from all areas and Clubs, although due to our training venues, those from the Northern and Eastern regions of Melbourne would benefit most. Participation will require a firm commitment from both the junior rider, and their parent/s.

To do well in cycling you need to be fit and skilful.

*To achieve better fitness and skill levels, the Blackburn Cycling Club would like to encourage you to apply for entry into our Junior Development Stream called the **JETS Program**.*

Goals of JETS

It is the intention of this extension program to enable Juniors to:

- develop excellent training practices;
- mix with, and learn from, a group of high-achieving young cyclists;
- build confidence whilst riding in groups;
- provide both road and track instruction;
- develop their skills in a respectful, friendly, and encouraging environment;
- learn about the opportunities available to riders who are interested in cycling as their chosen sport.

Ultimately, the goal of the program is to allow participants to be competitive at Open, State and National level cycling events.



Programs

Training sessions can take the form of:

- track work on both the Club (East Burwood) and Cycle Sport Victoria (Fairfield) velodromes;
- supervised bunch rides with riders of similar skill;
- spin-sessions at the Blackburn CC clubrooms;
- weights and/or strength workshops at East Burwood;
- invitation to twice-yearly cycle camps;
- discussions and instruction on races, training and racing techniques, goal-setting, planning and organisation.

The various sessions will be arranged depending on the skills and goals of the rider, and the particular cycling season (road or track). There are three distinct Programs developed each year, with goals that rotate according to the events in the cycling calendar:

- January – March (Track emphasis);
- April – July (Road emphasis);
- October – January (Track emphasis);

Each rider will be given a Program-Plan detailing the sessions available.



Instruction & Support

Training programs, professional supervision and technical advice is provided by Club-member and Level 2 cycling coach, Simon Quick. Simon provides professional cycling and training services through his Company - Quickcycle Coaching Pty Ltd.

Administrative support and supervision is coordinated through the BBN CC Race Committee.

Parental assistance will be required for support car duties on road rides, and occasionally for various tasks during each track session.

Expectations

From the outset the emphasis will be on the riders being self sufficient and responsible for their own gear.

I.e. preparing their own bikes, carrying spares/tools, filling their own drink bottles, wearing appropriate clothing, etc. Participants are expected to wear Club Clothing on all road rides - this includes Jerseys and Nicks.

We wish to encourage riders to train as a group, look and act like a team, and instill discipline into their training and racing. As a consequence, turning up late for rides, with inappropriate equipment, or not in a healthy physical state will result in a “no ride”.

The Program fee is to be paid up front with no time payment option available. Families with more than 1 child will receive a 10% reduction on subsequent children. There will be no reductions for riders being unavailable for school camps, holidays, birthdays etc.



Current Program-Cycle Details:

5 October 2009 - 17 January 2010

Short Term	Develop fitness and skills in preparation for the Metropolitan (November 2009) and State (January 2010) Track Championships.
Long Term	Provide opportunities for junior riders enabling them to compete at their highest possible level.
Venue/time/activity:	<ol style="list-style-type: none">1. BBN's Velodrome, E.Burwood Wednesdays 4.30-5.00pm TBC/ Race simulations and drills (1.5 hrs)2. DISC Velodrome, Thornbury Fridays 6.30 – 8.00pm / Track skill development (1.5hrs)3. Ringwood Clocktower Sundays 7.30-10.30am / Road ride. (3.0 hrs) Riders will be expected to race at BBN-run races – see BBN website for details. Note: sessions may be changed due to availability of venues and weather.
Cost/timing:	\$252.00 (14 weeks x 6 hours/week x \$3/hr) (no tuition 21/12/09 - 27/12/09) Note: hire fees for venues not included.
Equipment :	All riders to have their own geared Road bike with clipless pedals. The bike should be fitted with working front and rear lights, puncture repair kit (with tyre levers) and pump. Rear lights, in particular, are required if riders are separated from the bunch on overcast days. Club Track bikes are available for hire. Cycling Shoes with Waterproof Booties when required Wind Vest, Leg and arm warmers. Waterproof Jacket Spare wheels –if available, can be carried by support cars. Ergo trainer, Heart Rate Monitor with Cadence Computer



JETS Application

First Name
No/Street
Parents Names
Email
Birthdate
Name of School
Some details of your riding background,what has been your best race result,how long have you been racing.
Do you like track , road or both?
Favourite Bike rider
What do you hope to gain from these training sessions?
What do you want to achieve form cycling, what level do you want to reach?
List other sports you currently play.
Which is your favourite sport.
Other sporting achievements
List any reasons preventing you from attending these sessions (i.e band practise,athletics,school sport etc)
Your educational goals?
Anything else you might like to tell us
Applicants Name
Signature
Parent/ Guardian
Signature
Date
Mobile:

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