

VIKINGS JUNIOR HIGH PERFORMANCE SQUAD

The Junior High Performance Squad is the next development in the Vikings junior pathway and a natural progression for the current group of junior riders. We aim to create a cohesive group of under 15 and under 17 cyclists with the skills and fitness to compete together at a high level and the desire to support each other in the training required to get there.

PURPOSE

- To develop a group of junior cyclists to be competitive on the road and track.
- To provide structured training for selected junior cyclists for the 2015 road season through to the 2015-16 track season.
- To assist junior cyclists to achieve results to be selected for the ACT team for junior road and track nationals.

WHAT WE EXPECT

- A desire to improve your cycling and to get the most out of racing.
- Ambition to be selected for the ACT team for road and track.
- A commitment to attend a minimum of one HPS training session per week and one other club training session according to the training program.
- Attendance at squad testing days and camps from time to time.

WHAT WE WILL PROVIDE

- Training programs targeted towards identified races.
- Coached sessions and ongoing mentoring and advice.
- Support at identified races.

TARGET RACES

Road

Selection races (priority races)

9-10 May	Canberra Women and Juniors Tour
30-31 May	Goulburn Junior Tour
27-28 June	Wagga Wagga Junior Tour

Other races

Club races

18-19 April	Australian Hill Climb Champs
18 July	Club Team Time Trial
1-2 August	Hunter Tour
15-16 Aug	NSW Jr road champs, Tamworth
11-13 Sep	Junior Road Nationals, Sheparton

Track

NSW State Titles – including team pursuit
ACT team for Junior Track Nationals
Wagga Wagga Golden Wheel
ACT Track Championships
Goulburn Trackpower

HPS TRAINING SESSIONS

Monday	Track*
Wednesday	Road session**
Friday	Club bunch ride (with training buddy)
Saturday/Sunday	Track

These will be coached sessions; other sessions will be included in the training program to be completed in own time.

Racing skills sessions as we get closer to race day.

Track camp in Sydney around September.

* Track will continue while the weather is good, during winter this will be replaced by an indoor trainer session.

** May be combined with the Boss Development Squad and dependent on demand.

COST

Term 1 23 March – 10 May \$70

Term 2 11 May – 28 June \$70

Term 3 29 June – 13 September \$100