



## JAMES WILLIAMSON JUNIOR DEVELOPMENT CAMP 2018

### BRIEF HISTORY

2018 will mark the eighth James Williamson Junior Development Camp. Each year, twenty to thirty juniors are selected to take part in this camp. This year, the camp will be held from **2<sup>rd</sup> – 4<sup>th</sup> November** at Bungarra, Jindabyne.

### COACHES

Coaches are drawn from the highest levels of the sport. Head coach and camp organizer Dylan Cooper will work with other coaches to create an action packed program.

### FEE PER PARTICIPANT

Each participant will be asked to **pay \$250** towards the costs of the camp. Payment of the \$250 fee must be paid when the information sheets are returned.

### MTBA LICENCE REQUIRED

Each participant must have a current MTBA licence to take part in this camp.

### APPLICANT REQUIREMENTS

To apply juniors must:

1. Be 13 – 17 years old
2. Display an aptitude for cross country mountain biking
3. Have had experience with racing/participation at **CLUB LEVEL**. *This is the minimum requirement. As well these juniors may also have had experience in other events or competing at state or national levels.*
4. Show a keenness to increase their mountain biking skills and to learn as much as they can about mountain biking
5. Include with their application form, a written reference from a club representative briefly addressing the above. This may come from the President, Secretary, Commissaire, or any adult from the club who is in a position to comment, and who is **not a parent** of the applicant.

### BIKE

Each participant must arrive with a **fully functioning recently serviced XCO** mountain bike, Australian standards' helmets, cycling clothes, shoes, gloves and any other personal cycling equipment.

### WHAT IS INCLUDED IN THE CAMP

- Specially designed **Willo** Jersey
- Accommodation for two nights (Friday & Saturday) at Bungarra Lodge at Jindabyne.
- All meals prepared by the Bungarra Lodge and served in the dining room

- Coaching instructors, professional and camp support staff
- Snacks and race foods (fruit, muesli bars)

### CAMP PROGRAM

The weekend camp is structured around periods of physical activity mixed with theory and group discussion. This enables juniors to gain experience of all aspects of riding and bike maintenance as well as hearing about the challenges of training, over-training, motivation and competition. The ratio between coaches and juniors is one to five, allowing juniors to benefit from individualized attention from experienced riders.

- Practical coaching sessions will include working on specific skills and group rides. These will cover all aspects of climbing, descending and all mountain riding.
- Theory and group activities will also cover the following subjects: nutrition, stretching ,race preparation, bike maintenance (on and off-course) and set-up

### TRANSPORT

Arrangements for help with transport to Jindabyne (car pooling) from Southern Highlands and Canberra may be available. Juniors coming from other areas make their own way to these two centres and join up with the arranged transport, or provide their own transport to and from Jindabyne.

### START AND FINISH

Arrival is on Friday 2 November, from **3pm** onwards. Departure is **from 2pm** after lunch on Sunday 4 November.

### WHAT WE WILL NEED

Successful applicants will be notified by email after September 7. Successful applicants will be sent further forms to fill out including:

1. Personal Detail and Agreement Form. (This covers contact details, dietary requirements, etc).
2. Medical Consent form. Covering any medical/personal issues
3. \$250 to be paid when the above forms are returned.

As well, detailed information covering timetable, maps, what to bring etc. will be sent to applicants

### APPLICATION CLOSE DATE

All Applications must be received by Meg Patey on 7 September 2018

POSTAL ADDRESS	OR EMAIL
Meg Patey James Williamson Junior Development Camp 67 Colo Rd Colo Vale 2575 NSW	Megpatey8@gmail.com

**By 7 September 2018**