

# USAC Talent ID Camp

June 16-21, 2017 Cal Lutheran

(as of 5/30/17 Subject to Change)

Time	Friday - 16	Saturday - 17	Sunday - 18	Monday - 19	Tuesday - 20	Wednesday - 21	Time		
7:00-7:30							7:00-7:30		
7:30-8:00		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	7:30-8:00		
8:00-8:30		Rider Assembly					8:00-8:30		
8:30-9:00		Depart for Long Power Profile Test (BRP skills)	Rider Assembly	Rider Assembly	Rider Assembly	Optional Fun Ride	8:30-9:00		
9:00-9:30			Depart for Short Power Profile Test (BRP Skills)	Depart for Skills & Drills Session (Slow speed course)	Depart for Group Ride (BRP Skills)		9:00-9:30		
9:30-10:00							9:30-10:00		
10:00-10:30							10:00-10:30		
10:30-11:00							10:30-11:00		
11:00-11:30						11:00-11:30			
11:30-12:00							11:30-12:00		
12:00-12:30		Box Lunch	Lunch	Lunch	Lunch		12:00-12:30		
12:30-1:00							12:30-1:00		
1:00-1:30		Return to Cal Lutheran (BRP Skills)	Showers / Rest		Group Ride (TBD)		1:00-1:30		
1:30-2:00				Rider Assembly			1:30-2:00		
2:00-2:30			Grace Chuchla - Collegiate cycling - Grace Hall	Team Meeting - Grace Hall	Group Ride - 1.5 -2 Hours Easy (BRP Skills)	Depart for Cal Lutheran		2:00-2:30	
2:30-3:00									2:30-3:00
3:00-3:30									
3:30-4:00						3:30-4:00			
4:00-4:30	Check-in; Cal Lutheran (Grace Hall)	Showers / Rest	Team Meeting - Grace Hall	Showers / Rest	Showers / Rest		4:00-4:30		
4:30-5:00							4:30-5:00		
5:00-5:30	Dinner	Dinner	Dinner	Dinner	Dinner		5:00-5:30		
5:30-6:00							5:30-6:00		
6:00-6:30	Free Time	Free Time	Free Time	Free Time	Free Time		6:00-6:30		
6:30-7:00							6:30-7:00		
7:00-7:30	Lecture and Staff Introductions (Grace Hall)	Evening Discussion (Grace Hall) Tommy Muir	Evening Discussion Sean Wilson - USADA classroom TBD	Evening Discussion (Grace Hall)	Evening Discussion (Grace Hall)		7:00-7:30		
7:30-8:00									7:30-8:00
8:00-8:30				Field Games	Field Games	Field Games		8:00-8:30	
8:30-9:00									8:30-9:00
9:00-9:30									9:00-9:30
9:30-10:00						9:30-10:00			
<b>** tentative schedule/ subject to change</b>									

## Transportation:

- Plan for a Friday afternoon arrival & check-in & Wednesday morning departure
  - If arriving early please notify as Cal Lutheran must accommodate
- Air Travel
  - Arrival into LAX airport is ideal and there are shuttle options available from LAX to Cal Lutheran  
<https://www.callutheran.edu/admission/undergraduate/visit/transportation.html>
    - If you are taking the shuttle to Cal Lutheran, please contact Kevin Dessart, [kdessart@usacycling.org](mailto:kdessart@usacycling.org) to finalize details
- Ground travel
  - Plan arrival at Grace Hall on the Cal Lutheran Campus
  - Physical address - 60 W Olsen Rd, Thousand Oaks, CA 91360
  - Map link  
[https://www.google.com/maps/d/u/1/viewer?authuser=1&mid=1yEyMJvjucGmkM5X\\_AGUaJuroVE&ll=34.22179190000002%2C-118.881914&z=17](https://www.google.com/maps/d/u/1/viewer?authuser=1&mid=1yEyMJvjucGmkM5X_AGUaJuroVE&ll=34.22179190000002%2C-118.881914&z=17)

- **Camp amenities:**
  - Once athletes arrive, camp is all-inclusive.
  - Lodging is dormitory style. Bedding provided.
  - Meals provided by Cal Lutheran dining or occasional group meal (schedule necessitating)
  - Some snacks will be provided along with some USAC sponsor nutrition supplies
  - If specific needs or ride nutrition is preferred (drink mix, sports nutrition, etc.) then please bring your own
- **Location & Weather:**
  - Cal Lutheran is located in Thousand Oaks, CA
  - Weather is typically 50-80 degrees during this time of year
  - Sun is intense & hydration along with sun screen is essential
- **Camp Packing List**
  - Road bike in clean an proper working condition
  - Helmet
  - Water bottles
  - Bike Shoes
  - Riding clothes including; socks, rain cape, arm warmers, knee/leg warmers, gloves, glasses, and whatever else you might ride with.
  - Casual clothes for off the bike activities.... Bring appropriate clothing for chilly nights
  - Spare tire, tubes, pump or inflators, tools to assemble bike
  - Toiletry kit including soap, sunscreen, deodorant, tooth brush, tooth paste, medications, etc.
  - All linens and towels will be provided by Cal Lutheran
  - We will have gels and mix...if you want any other ride nutrition, be sure to bring it