

USAC CX Talent ID Camp



Hosted by CTS | August 9-12 | Los Olivos, CA

USA Cycling presents a Cyclocross Talent ID Camp for junior CX racers ages 14-19 in Los Olivos, CA. The camp runs August 9-12 and will be coached and operated by Carmichael Training Systems.

This three day Talent ID camp is open to all junior CX racers and will focus on skill development, fitness evaluation, and proper training practices.

Daily riding highlights include CX skills drills, an uphill time-trial, and a practice CX race. CTS coaches will also provide daily classroom instruction on topics including nutrition, race day habits and preparation and CX specific training practices.

DATES: Check in 3-5 pm on Wednesday, August 9th. Departure is 3 pm on Saturday, August 12th.

LOCATION: The Dunn School - a scenic, private boarding school located in Los Olivos, CA and near the CTS Regional Training Center in Santa Ynez, CA. Dunn School is a 35 minute drive from the Santa Barbara airport and 2.5 hrs from LAX. Address: Dunn School, 2555 CA-154, Los Olivos, CA 93441.

QUALIFICATION: USAC CX Talent ID Camps do not have minimum qualifying standards. Minimum racing age is 14 and maximum racing age is 19.

COACHES: Professional CTS coaches will lead all training sessions and provide feedback to USA Cycling on each participant. Participating coaches have worked with U23 National Champions and CX World Cup racers as well as many junior CX athletes. Guest riders will include Amanda Nauman, a UCI top 50 ranked racer.

HOUSING AND MEALS: Athletes will be housed in clean and comfortable dorm rooms on the Dunn School campus. Nutritious meals will be prepared by a professional chef in the Dunn School Cafe

COST: \$550 if more than 30 days out. \$650 if less than 30 days out.

REGISTRATION: All registration is hosted by USA Cycling. <https://www.usacycling.org/register/2017-1700>

MORE INFO: USA Cycling Talent ID Camp information: <http://www.usacycling.org/regional-talent-id-camps.htm>

Abbreviated Schedule

Aug 9 - 3-5 pm check in at Dunn School in Los Olivos, CA

Aug 10 - CTS Field Test, CX skills practice, CX Race Strategy and Preparation

Aug 11 - Fig Mtn Hill climb + endurance ride, race course recon

Aug 12 - Race morning prep and practice race, 3 pm departure

