



USA Cycling Regional Talent ID Camp Mission:

Provide USA Cycling with Jr. Talent Evaluations while Offering Athletes a Pathway to Develop Their Cycling Ability

Camp Facts:

- 80% of athletes invited to the USA Cycling National Talent ID Camp attended a Regional Talent ID Camp
- Pro cyclists **Lawson Craddock, Taylor Phinney, Tejay Van Garderen, and Tyler Farrar** all got their starts in USA Cycling's development program
- Regional Talent ID camps are the first step in getting into the USA Cycling development program

Camp Features:

- Proprietary USA Cycling [Power Application](#) to measure athlete's average power and power/weight ratio from two field test, regardless if athlete has a power meter. The power numbers are one factor used to help select athletes invited to the USA Cycling National Camp
- Top USA Cycling coaches providing both expert coaching/training and input for National Camp selection
- Unique USA Cycling Talent ID camp jersey provided to each participant
- Unlimited supply of OSMO Nutrition and Bonk Breakers at each camp to meet the demanding nutritional needs of each athlete
- Camps focus on both talent Identification and athlete development.
- Camps based in ten different regions across the United States

Midwest Regional Camp (Road) – Minneapolis, MN:

- Set at University of Minnesota in Minneapolis MN,
- Power testing in a controlled environment for all athletes. Known protocols that riders can train, and re-test.
- In addition to power testing, special emphasis on riders' learning experience through grass-field drills and sessions including FMS screenings, nutrition, race tactics behind the scooter.
- Skype conference calls with some of the best riders in the Pro peloton for question and answer sessions.
- Racing at a popular Tuesday evening event provides a chance for observation of athletes and feedback in a competitive situation.
- Camp timing provides an excellent chance for athletes to hone form just a few weeks before Junior National Championships.

South Central Regional Camp (Road) – Wichita Falls, TX:

- Power testing in an indoor, controlled environment. Wahoo Kick'r Trainers. 1mi at 6% and 4mi at 4% incline protocol.
- Instant results and update to the USAC talent pool.
- Train on the same roads for the region's premier road cycling event, the Hotter'n Hell Hundred.
- Staff with deep roots in training Juniors, women, and collegiate racers.

Southeast Regional Camp (Road) -- Greenville, SC:

- Set at Furman University in Greenville, chosen training base of many professional riders.
- Power testing on the Caesar's Head climb
- Skill instruction on grass fields
- Sessions on yoga, nutrition, race tactics
- Tuesday night racing at Donaldson Center allows evaluation and learning in a competitive situation.
- Camp timing will hone form before the Junior National Championships, ending 15 days before the event.

East Coast Camp (MTB) - McHenry, MD:

- Professional staff with advanced sport science and teaching degrees and a low athlete to coach ratio for maximum feedback.
- The camp exposes athletes to a wide variety of amazing trails and very different terrains in Maryland, West Virginia, and Pennsylvania. Athletes will receive coaching and guidance from pro riders and top level coaches on both technical and sustained climbs, navigating rock gardens, rooted trails, and other trail obstacles, reading new trails, and more.
- Athletes will be exposed to a wide variety supplemental training activities that can supplement their trail time including, bike handling skills, race tactic drills, plyometrics, yoga, pilates and more.
- In addition to on the bike training, daily interactive classroom sessions lead by experts will explore important areas for talent development such as: negotiating the cycling talent pipeline, sport psychology and performance, traveling and training like a pro, understanding the USADA rules and regulations, and building and personal growth.
- Sports nutrition is a big part of our camp experience. Our meals are developed and cooked on site by a registered dietitian who specializes in endurance athletes' nutritional needs. Athletes will not only be eating delicious freshly prepared means, but our open kitchen provides a great learning opportunity with hands on experience for those interested in taking their athlete lifestyle to a healthier level.

Mid-Atlantic Camp (Road) - Easton, PA:

- Heavy skills focus, to help make safer, more well-rounded cyclists
- Three track sessions at the Valley Preferred Cycling Center (Trexlerstown Velodrome), including:
 - skills and training, on velodrome provided track bikes
 - viewing Friday night Professional racing
 - participation, including coaching and feedback, in Saturday Rookies racing, on velodrome provided track bikes
- Participation, including coaching & feedback, in the local Thursday night training race, alongside many top professional road and track riders
- Multiple seminars, including:
 - bike maintenance
 - preparation and training
 - Pro rider Q&A

Northeast Camp (Road) - Canandaigua, NY:

- Professional presenters on; bike fit, bike maintenance, Yoga (Leslee Trzcinski, former pro and world silver medalist) , Nutrition (Dr. Craig Mattern), weight lifting (Harvey Newton, former US National weightlifting coach)
- Special guest and presenter, World Champion Gordon Singleton.
- Professional ride leader Bill Elliston
- Camp rides through beautiful wine country and ride around Canandaigua Lake
- Many local attractions for parents, including camping and wine tasting tours

Rocky Mountain (MTB) – Colorado Springs, CO:

- Riders will have access to a variety of trails from fast, flowing single-track to technical, rocky climbs and descents to hone their skills. Trails that local pros Russell Finsterwald, Danny Pate, Kelli Emmett, and Katie Compton train on include: Captain Jack's, Palmer Park, Ute Valley Park, Red Rock Canyon, will all be ridden during the camp.
- The camp will include an opportunity to reconnaissance and train on the Colorado Springs U.S. Cup ProXCT trails, just a couple miles from the camp housing location.
- Part of the camp experience will be the opportunity to spend a half day working on local trail maintenance with Medicine Wheel, a chapter for IMBA whose mission is to maintain and advocate for mountain bike trails in the Pikes Peak regions. <http://www.medwheel.org/about-us/>
- The Rocky Mountain MTB TID camp is managed by the former USA Cycling Junior National Team and 2012 Olympic Team Coach, Benjamin Sharp.

Northwest Camp (Road) - Forest Grove, OR:

- Camp aligns with the NW Junior Stage race in Washington State (August 1-2, 2015), which happens the day after camp ends.
- Beautiful setting and campus where camp is held with lots of varied terrain for our riding.
- Wide variety of presentations, coach discussions, and skill sessions which keep each day fully packed from morning to night!
- Riders attending camp have gone on to win multiple national championships and represent the USA in Junior and U23 World Championships.

West Coast Track Camp – Carson, CA

- Track Skills – Several hours will be spent working on your skills. You will leave this camp feeling comfortable and confident with your skills whether you are racing nationally or internationally.
- Coaches - The track camp will offer a skills coach, an endurance and a sprint coach, all elite coaches available to help fine tune or tweak your racing techniques.
- After track time – The education continues after practice with evenings filled with information on stretching, yoga, what to expect when racing internationally plus conferences with Olympians on what it took to become an Olympian.
- New for this year - the camp will provide a sport nutritionist that will prepare all meals. The campers will participate in preparation of their meals in the event food choices when traveling are not as nutritious or suitable as required for elite athletics.
- Self-sufficient - Every athlete will be required to bring their tools to build their bikes and to change their gears. If they don't know how before they get to the camp they will know how when they leave.

Testimonials:

"The talent ID camps are a great way to expedite development in the very important junior years. These seasons are where the fundamentals of cycling are of the utmost importance, which the camps teach extremely well".

Alex Darville - Bontrager

"Without the USAC Talent ID Camp I attended in the Summer/Fall of 2009 I don't know how far I would have gone in cycling. The opportunities that have come from being involved with the USAC Talent Pipe Line have been life changing from an on the bike/off the bike stand point! I highly recommend attending these Talent ID Camps to whoever wants to get the attention of USAC and get involved in the USAC Development Pipeline."

Eamon Lucas – Cal Giant

“As a junior rider who dreamt of competing at the highest levels of the sport, participation in the USA Cycling Talent ID camp at Flagstaff, AZ provided instrumental gains toward achieving that goal. First, I developed a greater understanding of the fundamentals of the sport like caravan and pack skills, race strategy, and the basics of nutrition. Second, I deepened a relationship with USA Cycling through its staff and coaches that led to opportunities further down the road.”

Stephen Leece - Jamis Hagens Berman

“The Talent ID camp I went to when I was 16 years of age was the first stepping stone to where I am now in my life of cycling. The camp puts you face to face with the family of USA Cycling, which allows you to become more than a name on a piece of paper or email. They can now see beyond just your talent or numbers, and on to who you are as a person. It can simply be life changing, as I realized a few days ago that I'm headed over to Europe this spring for the sixth year in a row to race for the USA.”

Ryan Eastman - Bontrager

“The Talent ID camps really gave me the chance to learn a lot about being a great cyclist on and off the bike. These camps are key to getting into the USAC pipeline which has developed me and many of my fellow teammates into some of the best cyclists out there.”

Logan Owen – Cal Giant

“USA Cycling helped me get to where I am today and the great program is only getting better”.

Alexey Vermeulen - BMC Devo

“If you want to go anywhere in the sport of cycling, go to a USA Cycling Talent ID Camp. It's where everything starts. I attended the Flagstaff Camp, run by Barney King when I was fourteen and I owe everything to it. Without the Development Program, I don't know if I would be racing my bike competitively. Now I have been to ten countries and get to ride my bike every day.”

Geoffrey Curran – Bissell Devo

“I would highly recommend going to a Regional Talent ID camp. Not only will it provide the opportunity to showcase your talent, but you will meet people that will become lifelong friends. I went to one when I was 14 years old and I can say without a doubt I wouldn't be where I am today without USA Cycling and it all started at the ID camp. It's a week of fun and learning how to ride your bike. Don't let this once in a lifetime pass you by because you have one shot to reach your goal! Make it count.”

Nate Brown - Bontrager

“The USA Cycling ID camp was the first time I saw a clear path on how to get to the top of the sport, with the right resources and the support of USA Cycling nothing can hold you back.”

Chris Butler – Champion System