



ANNOUNCEMENTS

Cycling BC Development Riders Chosen for National Team Trips

Three BC riders have been selected by the Canadian Cycling Association to travel to Europe as part of a training and racing trip.

Cody Campbell and Evan Flater have been invited to be part of a National Junior Team racing trip in May to France, Germany, and Switzerland, ending with a stay at the UCI Training Centre in Aigle. Matt Potma has been invited to travel to France for a National Under-23 trip in April.



BC Riders Interested in 2009 Canada Games Needed

If you are interested in being part of Team BC for the 2009 Canada Games, please see the Cycling section of the Canada Games website (www.canadagames.ca) to see if you qualify and find out more about it.

We are going to hold a meeting later this year to make sure we have the best riders representing BC at the Games. If you are interested in coming to this meeting and being part of our team, please send your name, age, and email address to the paul@cyclingbc.net

BC Youth Team Gains Momentum

The Youth Team promotes skill development, involvement in all forms of cycling competition and participation in the BC Summer Games. Since its inception in January, the Youth Team project has taught bike racing to over 210 kids under the age of 15. If you would like the Youth Team to visit your school, simply email youthcoach@cyclingbc.net.

The Cycling BC Youth Team was on the road again, on the Sunshine Coast. A beautiful sunny day greeted the riders who participated in the racing clinic as part of their regular physical education class.

The key to the day was fun. The kids were allowed to simply play on their bikes. The only rule was to listen when the coach was speaking – and we tried our very best to keep that to a minimum. The emphasis was on learning by doing and by encouraging kids to be creative and courageous on their bikes. The games we played taught the kids more about bike handling, safety and skill than could be taught in several hours of structured learning. Kids just need to be inspired and encouraged to experiment with their bikes. Not one of the kids was scared of the races or games we played. No one seemed to notice that we only used a bunch of pylons and our imaginations to create the world of bike racing in their regular school play area.

The Sunshine Coast is a hotbed for cycling. Thanks in large part to Doug

Detwiller and the Sprockkids program, cycling is ingrained in the school culture of the region. Davis Bay Elementary welcomed the Cycling BC Youth Team and easily integrated the program as part of the physical education classes. Hosting this event will most certainly lead to a high level of interest in competitive cycling in the future. Davis Bay Elementary is now an official Cycling BC Youth Team school. Thanks to all of the students, staff and parents for making the program a success.

"I would like to thank you again for putting on such a great day of biking activities at Davis Bay Elementary yesterday. We couldn't have asked for a better day, lots of fun for everyone. More than 60 kids aged 10-13 participated." – Dave Marquis, Parent and Organizer

TEAM INFO

WE WANT TO HOST A CLINIC IN YOUR COMMUNITY!

Email youthcoach@cyclingbc.net to register. The clinic is FREE.





Youth Clinics

- 28/04 - Xplore Sports Event, Nanaimo
- 29/04 - West Coast Racing MTB Ride, Burnaby
- 24/05 - BC High School MTB Championships, Squamish
- 29/05-31/05 - BC Summer Games Qualifying Events
- 3/06-5/06 - Queen Charlotte Islands Recreation Commission School Visits

MTB Team

- Two Canada Cups for MTB Cross Country and Downhill (Quebec). Team BC supporting up to 10 riders, towards World Championships qualification.
- Hardwood Hills MTB Cross Country Race (Ontario), if needed to qualify for Worlds Team.

BMX Team

- BMX National Championships, Abbotsford (17th-18th May). Qualify riders for World Championships, and earn selection for Olympic Games in August.
- BMX World Championships, China (end of May).

Road & Track Teams

- Track Trials pre-Road Nationals (Quebec)
- Road Nationals, Quebec (end of June). Up to 12 riders selected and supported.
- Team for Road World Championships announced following Nationals

Elite Riders

- Preparation for Olympic Games in August (Beijing)

BC Juniors Back in the Lab

Some excellent lab test results were achieved in February at a training camp following up on the initial tests done last November.



All of the riders who were in for follow-up tests had progressed over the winter despite the frosty weather conditions around the province, and a number of new riders impressed with their determination and fitness.

Lab tests, Functional Assessments, and two seminars were also included in the camp. This is all part of a strategy to teach the riders how to look after themselves and keep themselves in the best shape possible, so that they are prepared for the demands of life as a cyclist in the future.

As the race season is set to begin, things are looking good for the BC Juniors, and we look forward to seeing all of our athletes hit the roads, track, and mountains soon!

Junior Development Team Take It Up A Gear Down South

The inaugural warm weather training camp for the Team took place in February in Desert Hot Springs, California.

This was a big step forward for the 10 riders who attended, who had never experienced a week of full-time training before, and who made great strides in their fitness as a result. Just as important were the lessons learned about how to look after themselves properly when training hard, which is a focus of this program. The athletes are being taught to look after themselves without being reliant on support staff, so that if they chose to pursue a career in cycling they will be well-prepared.

The riders came from mountain bike, road, and track disciplines, and traveled from all over BC to take part in the camp.

The riders were selected to be part of this camp, and we would all like to thank:

Cloverdale Cycles

(www.cloverdalecycles.com) and

La Bicicletta Pro Shop

(www.labiciclettaproshop.com) for supporting us and making this a great camp.



SPONSORS

The Cycling BC Provincial Team has a number of exciting announcements to make about sponsorship for 2008.

Full details will be included in the April issue of the Team Update Newsletter.

Please note, you can now donate online through our website www.cyclingbc.net.

“Cycling is an extremely difficult sport. The commitment of mental and physical hours is serious. Doing this camp has hopefully allowed us to experience the “bigger picture” of cycling.”

Evan Flater

PROVINCIAL TEAM ACTIVITIES

Cycling BC Provincial Team athletes and staff have had a busy winter and spring, with new initiatives being implemented in many of the disciplines. Here's what's been happening from January to March:

- Burnaby 6-Day Track Race (31/12/07 – 05/01/08)
 - External Funding Review of High Performance Program by PacificSport and 2010 Legacies Now (awaiting outcome and decision on Provincial Government funding)
 - Initial Team BC Youth Camps: 10 camps so far, covering the Sunshine Coast, Island, Lower Mainland, & Interior. 213 kids and five schools reached so far, plus 120 kids spoken to in PE classes in Squamish.
 - BMX UCI Race and training camp, Phoenix, Arizona (end of January)
 - Warm weather camp, Desert Hot Springs, California (02/02/08 – 09/02/08). Ten Junior riders (MTB, Road, and Track), up to 30 hours of training completed.
 - Once/ Twice per week track sessions at Burnaby Velodrome for MTB, Road, and Track riders. Average of 15 riders per session, all Juniors.
 - BMX gym sessions with BMX Coach once per week, including MTB Downhill riders. Every four-six weeks, session run by Provincial Head Coach.
 - MTB Downhill Junior Camp (17/02/08), Squamish. Twenty-one riders tested and put plans in place for Canada Cups and Nationals towards World Championships selection.
 - Lab Testing Camp, Victoria (22/02/08 – 24/02/08). Eighteen
- riders tested to see how they've progressed through the winter. Functional Assessments and seminars on nutrition and health included.
 - BMX Indoor Training once a week in February (Abbotsford).
 - Spring Series Races twice a week in March, Coach participation in the races to teach Junior riders to work and race hard in preparation for the season. Up to 15 riders per race from Team BC so far. Placing 2nd in A races as a Junior, and winning B races.
 - MTB Cross Country training camp, Sunshine Coast (end March). Four days, run by MTB Coach.
 - Track World Championships, Manchester, England (end March), attended by Provincial Head Coach making sure Olympic qualification is secured for riders from BC who work with the Provincial Team.
 - BMX UCI Race and training camp, West Palm Beach, FL (March 12th - 17th)
 - MTB Downhill Junior Camp (30/03/08), Squamish. 17 Participants

Cycling BC Offices Moving April 1st 2008 New Address:

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BMX Coach: adam@cyclingsbc.net
Youth Coach: youthcoach@cyclingsbc.net

Excellent Response to Call for Junior Downhill Riders

Twenty-one keen riders responded to the call for riders by Cycling BC's Provincial Head Coach, Richard Wooles. Sixteen young downhillers came from Vancouver Island, the Sunshine Coast, Fort Langley, Whistler, Vancouver and Squamish to attend a camp for some assessment and discussion. Hosted at Club Flex, a large gym in Squamish, the riders were divided into three groups rotating through stations set up to assess their power, endurance, balance, agility and mental preparation.

They were treated to a full star line up of coaches: Richard Wooles, who has coached to Olympic level and came to BC following several years with the UCI, Aleisha Cline, a legend in the world of skiing and a certified conditioning coach, and Shaums March, an awe-inspiring downhill rider and current World Masters Champion. Dave Hord, Manager at Mad March Racing, with the able assistance of a couple of parents, kept the day flowing, everyone moving and on their toes.

The next step will be a bike skills training camp and some selection races. One of the most important outcomes of the day, however, for both the young athletes and the coaches was the chance to meet and get to know one another a bit. "Now, when we are at races, we will not just be faces under the helmets and times on a result sheet," said one rider. "I really appreciated this chance. Not just to meet these coaches and try all this stuff, but to be able to recognize some of the other riders at races and have them to talk to."

BC Cyclists Honoured by Premier

Jeff Clarkson (Victoria, MTB XC) and Miranda Miller (Pemberton, MTB DH) were both recognized by Premier Gordon Campbell at the 2008 Premier's Athletic Awards. The Premier paid tribute to 99 of BC's best athletes from 56 different sport disciplines, and congratulated them on their success so far.

"In two short years, we may be watching some of these recipients represent British Columbia and Canada at the 2010 Olympic and Paralympic Winter Games right here in Vancouver and Whistler," said Campbell. "Others will go on to compete at World Championships and other Olympics and Paralympic Games. I congratulate each and every one of these outstanding and inspirational athletes and wish them success as they reach for the highest levels of athletic achievement."

Well done Miranda & Jeff!



Team BC Mountain Bike Camp - Sunshine Coast, March 27-30 - 2008



Team BC's fastest U-19 and U-17 XC Mountain Bike racers came together on the Sunshine Coast for a 4 day training camp March 27-30. The focus of the camp was to get everyone's race training into top gear and work on some specific race technical skills in preparation for the 2008 race season.

Thursday the riders were greeted with a long climb right off of the ferry, but from there it was straight onto the trails at the infamous Sprokids Mountain Bike Park for some short and fast intervals.

Friday the riders set out early and did a series of mini-races to work on their skills in a tight race start situation on a variety of trails. - After 3.5 hours on bike most headed back to warm up, but a few riders did one last big climb and fun downhill to make the ride closer to 4.5 hours.

Saturday started out rainy, then suddenly nice and sunny and finally snowy as the group headed out for a long steady ride through some new sections of trail exploring some of the Rat Race course as well as forging trail on some of the snowy upper trails. Total ride time did vary a bit by group, between 4 and 4.5 hour on the bike for most.

Sunday saw some tired looking faces at the breakfast table, but the mood brightened as the sun came out for a spectacular day, finally full sun on the Sunshine Coast! We started the ride with a few more short race start efforts, then headed up the hill to finish off with a mini-race.

Special thanks to the Sunshine Coast Cycling Club, Marney and Martin from Up the Creek, Off the Edge Adventure Sports, Heather from Active Life Physiotherapy and the MTB class from Capilano College who were out working on (and doing an amazing job) the trails. And of course the riders of Team BC who's hard work and determination make coaching such a rewarded job!

Steve Lund - Team BC MTB Coach

HIGHLIGHTS AND ACHIEVEMENTS

Already this year, Cycling BC's Provincial Teams have made excellent progress towards their targets

- Huge increase in interest and support from new and existing sponsors, enabling the Provincial Team to fulfil our planned objectives.
- Two Junior Male Endurance riders (Evan Flater & Cody Campbell, out of a total of 6 riders) selected for Canadian National Team activities in Europe (France, Germany, Switzerland). Will finish their trip riding and staying at the UCI Centre in Aigle, Switzerland.
- One Under 23 Male Endurance rider (Matt Potma, out of a total of 6 riders) selected for Canadian National Team activities in France. Big achievement, as Matt is a first year Senior.
- 213+f young riders who have taken part in the new Team BC Youth Camps has surpassed our first target.
- Cam Murphy 6th place on in West Palm in Junior men class
- Rosemary Adams collects UCI points for Semi placing in West Palm
- MTB Junior Downhill Team started with 21 newly identified riders. Working with existing Coaches and trying to make this a productive program.
- Significant increase in fitness level from this time last year, as measured in lab tests and at races. Bodes well for the year ahead.
- Four Coaches all working together now under the Provincial Team umbrella. Only two Coaches this time last year.
- Starting to recruit volunteers. Great response so far.

Please email richard@cyclingbc.net if you would like to receive this every month or if you would like to be taken of the list