

Curt Gowdy High School MTB
racing camp.
Varsity and Junior Varsity
Athletes
June 17-21st 2017



This camp is designed for High School Varsity and Junior Varsity MTB cyclist who wish to grow as riders and take they're racing to the next level. They will be educated about racing, training, recovery, nutrition, and how all these impact their bodies.



Our goals are to help riders understand training and racing principles and and to increase students' self confidence using the mountain bike as a tool for challenging fun self-discovery

You can look forward to enjoying great trails and making new friends!



Lactate testing to set heart rate training zones for each rider.
Dr. Inigo San Millan CU Sports Medicine and Performance Center

Education about training zones and how to implement them

Developing Bike Kung Fu skills

Learning race strategies and technics
Racing at local Tuesday night race (tentative)

Students will stay at Hynd's Lodge or camp at Curt Gowdy State Park. Ride sessions will be on the IMBA Epic Trails at Curt Gowdy State Park , the surrounding roads, and Happy Jack. Food will be provided for the entire camp.

Andy Clark will be leading a trained experienced coaching staff with one adult per five campers.

Date: June 17-21

Cost: \$575 Lactate testing, Food/lodging, Race entry, and a professional coaching staff included

Age Group: High School Junior Varsity and Varsity riders, there will be 10+ spots for girls and 20 spots for boys. (A limited number of scholarships are available)

Food: will-be provided. Please let us know ahead of time if you have any dietary restrictions.

What to Bring: Basics - Bike, helmet, appropriate mountain biking attire, casual clothing, towel, swimsuit, and a great attitude. A more detailed list will be sent out after registration.

Rules: Respect, respect yourself, your environment, and the people around you. Beyond that we will post and go over camp expectations. If there is a problem a parent will be expected to come to pick up the camper and there will be no refund.

Registration: The registration link will be posted at <http://laramieenduro.org/youth.php> The link will be activated March 3rd at 6pm. You will be required to complete the on-line registration and make the payment to complete the registration. Contact Rich Vincent to make alternate arrangements: 307-760-1917 or enduro.rv@gmail.com.

for other questions contact Andy Clark at ciclismocoaching.com



The instructors: Andy Clark most recently coached Brannan Fix to the Collegiate CX National Championship and was awarded Colorado High School Coach of the year 2016. Coach Andy has over 25 years of experience racing and coaching cycling. He has raced professionally around the world. He has a distinguished record as a Team Director and Coach working with five national champions and over 70 national medal winners. As a founding board member of Ciclismo Youth Foundation, Coach Andy's goal is to make cycling a fun life-long sport of discovery.

Testing will be done by CU Sports Medicine and Performance Center Dr. San Millán is an Assistant Professor at the University of Colorado School of Medicine and the Director of the Sports Performance Program at the CU Sports Medicine and Performance Center in Boulder, Colorado. He is an internationally renowned applied physiologist having worked for the past 20 years for many professional teams and elite athletes worldwide across multiple sports like running, football, soccer, basketball, rowing, triathlon, swimming, Olympics and cycling including eight Pro Cycling Teams. He has also been consultant in exercise physiology and sports medicine to international organizations like the US Olympic Committee and the International Cycling Union



Schedule (tentative)

Saturday June 17 12-1pm Check in orientation 1-4pm Testing, bike check/ fit 4-5pm Debrief testing education 5-6pm Dinner prep 6-10pm Dinner and evening activities

Sunday Jun18 7:30am Yoga 8-9am Breakfast/education 9am Endurance Tempo ride Noon Lunch at trail 1-4pm climbing and race strategies 4-5pm Dinner prep 5-10pm Dinner and evening activities

Monday June 19 7:30am Yoga 8-9am Breakfast/education 9-10am Skill teaching 10-1pm Skills ride 1pm Lunch 2pm Skill teaching 3-5pm fun skills riding 5-6pm Dinner prep 6-10pm Dinner and evening activities

Tuesday June 20 7:30am Yoga 8-9am Breakfast/education 9-10am Race skills and strategies 10-11:30pm Skills ride 12-1pm Lunch 1-3pm Education/recovery time 3-4:30pm Pre race meal 4:30pm Head to race 5-6pm Warm up 6-8pm Race 8-9pm Dinner BBQ 9pm Back to Camp 10pm Crash into bed

Wednesday 7:30am Yoga 8-9am Breakfast 9-10am Race and camp review 10-12pm Fun ride 12-1pm Lunch BBQ and rap up 1-2pm Clean lodge and check out 2-3pm Student pick up