



## 2020 CORC JUNIOR DEVELOPMENT PROGRAM

Information Pack

Updated July 2020

# rideTECHNICS



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Applications are now open for the spring session of the 2020 CORC Junior Development Program.  
**Applications close on Saturday 23 August.**

The spring session is designed to provide an introduction to CORC juniors for new participants and will include only the coaching sessions and fitness rides from 1 September 2020 to 24 November 2020. The cost for the spring session is \$250. Riders will also need to ensure they are members of MTBA. A free two-month trial membership is available to get you started.

Alternatively, we also hope to have some extra places on the camp. The cost for the camp only will be \$250. You will also need to be a MTBA member to attend.

The full program is described below. If you require any further information please contact us at [juniorsxc@corc.asn.au](mailto:juniorsxc@corc.asn.au).

## Welcome to the 2020 CORC Junior Development Program

The CORC XC Junior Development Program is designed to contribute to the preparation and skill development pathway of cross-country (XC) racing in club, school, state and national competitions, for experienced MTB junior riders aged 12 years to 18 years and for those who would like to develop their skills and technical tracks, including on a social basis. The spirit of program is grounded in a supportive, collaborative, and confidence-building environment for riders, coaches, sponsors and parents alike. The 2020 program will run from early February to early December and is run by CORC parent volunteers and supported by the Club and our sponsors. We particularly encourage participation from girls.

The program will run from February 2020 to November 2020, with a break over the winter.

With a focus on building on the solid team ethics created over recent years, we aim to produce junior riders who are confident, capable and supportive and who gain highly developed skills that will enable them to become a faster and more skilled riders. Numbers will be limited to 40 for the program and entry will be assessed by the following criteria:

- Criteria 1 – Riders have a demonstrated bike fitness and a skill ability suitable for the program, assessed before the program commences as required.
- Criteria 2 – Riders have a demonstrated interest in racing at a consistent local level and potentially national level.
- Criteria 3 – Riders are seeking to learn in, and contribute to, a supportive team environment and support the Club in its activities.

The emphasis is on respect, responsibility, team work and integrity. Riders will be required to agree to a code of conduct prior to commencing, more information is available within this document.

**All juniors are required to maintain a current MTBA membership and associated CORC membership for the duration of the program.**

Riders will be allocated coaches depending on age & skill group, the proposed skills session, ability, and any other discretionary factors as determined by the coaching team. At times riders may be able to choose the coach and session most suitable to their needs and interests at the time.

The program continues through April and October school holiday periods. The program will not run during June, July and August due to the lack of daylight for coaching.

### **Coached Skills Sessions**

- Skills coaching sessions will be held every second Tuesday (Week 1, 3, 5 etc) at Stromlo Forest Park from 4.30pm, with the first session commencing Tuesday 4 February 2020. Coaching runs fortnightly until 26 May inclusive, recommencing on 1 September and running until 24 November inclusive.
- **Coaching Sessions commence at 4.30pm** and vary in duration depending on daylight hours.
  - 4 February to 31 March, and 13 October to 24 November – 2hrs, 4.30pm - 6.30pm
  - 14 April to 26 May and 1 September to 29 September – 1.5hrs, 4.30pm – 6.00pm
- Riders must be ready at 4.25pm to hear Coaches' instructions. Coaching groups leave the Pavilion at 4.30pm. Please note, for the safety of all riders and coaches, riders must be ready to commence coaching at 4.30pm, not arrive at 4.30pm.
- Meeting point is the covered Pavilion (upper level) near the carpark.

For new riders - assessment sessions may be held prior to the start of the program if required to assess suitability for the program and groups.

We are very fortunate to have highly skilled riders as coaches. Our Coaches hold the required MTBA qualifications. They will also be supported by CORC invited Assistant Coaches. At all times, Junior riders are to listen to the coaches, follow instructions, support each other, and stay with the group.

### **Physio-based Stretch & Strengthen Sessions**

A physiotherapist will conduct rider-designed strength and stretching sessions for team members to help them manage their developing bodies and prevent injuries.

Details to be confirmed.

It is strongly recommended that all riders attend these sessions to assist with the prevention of injury and build strength required for mountain biking.

### **Group Rides**

Group rides are held at 6.00pm till 7.00pm on the alternate Tuesdays to the skills coaching sessions (eg week 2 of the program). These are fitness and skill practice rides. The ride location will vary to allow participants to experience different terrain and tracks and use a variety of developing skills.

**Riders must be ready from 5.50pm** and attend a ride briefing. The ride commences at 6.00pm sharp, and late riders should not attempt to join the group for safety reasons. Ride locations will be communicated via email the Sunday before the ride, if not earlier. The first ride will be on Tuesday 11 February at Bruce Ridge, O'Connor.

The purpose of the group ride is to consolidate the coaching session learning and ride together with team members. It is not a race. Groups will be created based on rider safety. Lights will be required once daylight savings ends. In winter we will run weekend group rides as it gets too cold particularly the nights in July and August.

Parent riders\* are encouraged to join in as it really helps with ensuring the group remains together and mechanicals are attended to in a timely manner. Safety comes first during our evening group rides and some rides may be cancelled due to weather conditions, or location changed at late notice.

### **Information Sessions**

Within the program, information sessions will be presented to provide the riders with broader knowledge about riding, wellbeing and racing. These will be included in the program fees and may include (but are not limited to) bike mechanics, first aid for mountain bikers, training plans, sports nutrition, sports psychology, strength and conditioning, race preparation and etiquette. These details will be sent out via email once finalised.

### **Bike & Riding Safety**

All participants will be required to have a mechanically sound bike at all times. Cleaning and checking mechanical soundness will be essential for all riders and expected to be completed before each ride.

Athletes are required to bring the following to all coaching rides and group rides:

A spare tube, pump/canister & head, or repair kit

Helmet - Australian Standards approved

Water bottle

Riding gloves

Appropriate clothing – often layering is best

Other items we recommend are riding glasses, a few first aid items, medical needs (inhalers, puffers etc), and maybe a small snack.

### **Rider Pick Up after Sessions**

It is important that riders are collected promptly at the close of each session for safety reasons. Please note, Stromlo Forest Park closes at 6pm in non-daylight-savings hours (April – September) and the gate locked by the Ranger.

### **Contact Details**

The first point of call for all general information is [juniorsxc@corc.asn.au](mailto:juniorsxc@corc.asn.au). Depending upon the query, this could be answered by:

Junior Development program coordinator – Susie Kluth 0438663104, Alison Mungoven 0434 995 808, Sam Reinhardt 0419305877

Junior Development Coaching & Group Ride coordinator - Paul Brodie

Junior Development Finance coordinator – Patrick Kluth, 0408663104

Junior Development Riding Kit coordinator – Michelle Inglis

**Emails** will be shared amongst the group and parents. If you **DO NOT** agree to your contact details being shared amongst the group, please advise the Program Coordinator. Information about the program is sent via email, please ensure you provide a contact point that you are comfortable with being shared amongst all participants.

**Photos** - Please advise the coordinator if you **DO NOT** agree to your child's photo being used on our website, and CORC social media platforms. Generally, we seek permission before posting, but this is not always possible with group photos.

### **Safety/Risk Management for Junior Riders**

To ensure that each child isn't overworked, there is an MTBA junior participation policy that we will be following as much as possible. A copy of the policy is available on the MTBA website and is updated at times.

### **CORC Club Race Calendar**

All CORC Club race events are published on the CORC website/Facebook page. We encourage participation in all CORC Club races, as well as accepting some volunteering responsibilities to make the races happen. These dates are subject to change. Please always check the CORC Facebook page/website for any updates.

Other Race Calendars can be found on the MTBA website.

### **Program Cost & Payment Schedule**

The total cost of the 2020 program is \$700 per participant.

The program fee incorporates program group coaching, stretch & strengthen sessions, rider information sessions, and a Development Camp in October (date and venue to be confirmed, but expected to be 9-11 October, which is the last weekend of school holidays).

The 2020 fee includes a CORC Junior Development riding top. Other CORC riding attire (knicks, race jerseys etc) can be obtained from the CORC Equipment Coordinator.

### **Program Acceptance and Deposit**

Once applications are assessed, if the rider is accepted into the 2020 CORC Junior Development Program, a payment of a \$400 is due by 17 February 2019 to secure your place in the program.

Program payment can be made in full (\$700), or the remaining \$300 payment is due by 30 June 2019. Payments are preferred by direct deposit, however credit card options can be arranged as needed. More details will be provided to participants.

### **Code of Conduct**

This code of conduct will be distributed to each parent and junior for their signature and agreement. It will also be agreed to by the coaches and any member of the support team. Failure to comply will result in counselling, and the Coordination team to determine any further penalty or actions needed. Once signed, a copy will be maintained by the program and a copy with the athlete.

As a CORC Junior Development athlete, I will:

- Uphold the core values that give mountain biking its great reputation as being accessible, accepting and friendly.
- At all times conduct myself in line with the team's fundamental value of maintaining a highly professional, but very down to earth attitude
- Maintain a friendly and approachable image at all times. I will conduct myself in a manner that is a positive and friendly reflection on the team and our sport.
- Treat my fellow competitors with absolute respect at all times and compete in a fair and sportsman like manner. I will treat my team mates even better.
- Show and provide ongoing support for my team mates where possible. This may include event assistance, vocal support and sharing of equipment.
- Engage with fellow mountain bikers on trail, both in and out of competition, in a respectful and courteous manner and endeavour to increase the sociable and professional nature the team is renowned for.
- Be courteous, respectful and helpful to the management of the team. This includes: replying promptly to emails, calls, etc; communicating regularly and helping with logistics for the team where necessary at events; showing initiative to help staff maintain a professional image for the team at all times.
- Represent all of my supporters and sponsors in a positive light by conducting myself professionally at all times, taking care of my equipment and promoting a positive image for all associated brands through my personal interactions and acknowledgement of the privileged support which I receive.
- Use the clothing and/or equipment that has been made available to me in an appropriate way and provide visible support to our sponsors by wearing CORC Junior Development kit whenever possible. It is my responsibility to be aware of what is expected regarding product usage.
- Not engage in any conduct which does or may bring the team into disrepute including without limitation engaging in bad behaviour of any nature in public or ridiculing or criticising the team or anyone involved.

### **Sponsorship provided**

The CORC Junior Development squad is supported by RideTechnics (coaching), Higher Function Physio & Pilates (stretch and strengthening sessions) and PhysioSport O'Connor (discounted physio and bike fitting appointments for participants).

We are grateful for the community support provided to the CORC Junior Development squad via our sponsors and supporters.

### **Volunteering Expectations**

It is expected that each participant will provide back to the club with some form of volunteering. We also welcome and appreciate the support of parents for such events. There are many opportunities for this with assisting at the regular CORC events such as Dirt Crits, XC and 3hr races, and various roles in the lead up to the CORC major junior events; the August Schools MTB champs and the October junior development camp mentioned above.

### **Riding under Lights**

Lights will be required once daylight savings ends. During winter, Parent support riders\* will be required to ensure the group remains together, mechanicals are attended to in a timely manner.

**\*Parent Support Riders**

At times we require parents to provide support as tail riders to ensure the safety of all riders, or assist with mechanical issues. This could be during coaching sessions and is definitely required during the Group Ride/Fitness sessions. To participate, Parent support riders must have an **ACT Working With Vulnerable People card** and details will be requested at the beginning of the year, and updates as required. Further details will be provided.

If you would like to discuss suitability for this program please email [juniorxc@corc.asn.au](mailto:juniorxc@corc.asn.au).

CORC may run other programs for the development of younger junior riders, please contact [juniorsxc@corc.asn.au](mailto:juniorsxc@corc.asn.au) if you would like to know more.