



# Canberra Off-Road Cyclists

2024 CORC JUNIOR DEVELOPMENT PROGRAM

Information Pack

Updated December 2023



A Line Moves

Applications are now open for the 2024 CORC Junior Development Program. **Applications close on Tuesday 23 January.**

The 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 2024 CORC Junior Development Program

The CORC XC Junior Development Program is designed to develop skills and fitness for cross-country and enduro riders to allow them to ride for fun or participate in club, school, state and national competitions. The program is designed for experienced junior MTB riders aged 12 years to 18 years. We particularly encourage participation from girls. The program aims to provide a supportive, collaborative, and confidence-building environment for riders, coaches, sponsors and parents alike. The program is run by CORC parent volunteers and supported by the Club and our sponsors.

The program will run from February 2024 to November 2024, with breaks over the winter and in the April and October school holidays.

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 faster and more skilled riders. Numbers will be limited 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 demonstrated an interest in participating and supporting CORC events or an interest in competing in MTB races.
- 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.

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

**All juniors are required to maintain a current AusCycling 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.

The program will not run during June, July and August due to the lack of daylight for coaching. In this time, we will run some strength/conditioning sessions in partnership with Team Fitness gym in Dickson.

The program includes:

- Coached skills sessions – 4:30pm at Stromlo every second Tuesday (1.5hrs or 2hrs, depending on available light)
- Fitness rides – 6pm - 7pm at various locations around Canberra every other Tuesday

- Opportunity to attend the CORC junior camp – a 3 day camp on the last weekend of the October school holidays
- Winter strength/conditioning sessions
- A CORC junior riding top – each rider will receive a CORC juniors riding top as part of the program.

### **Coached Skills Sessions**

- Skills coaching sessions will be held every second Tuesday (Week 1, 3, 5 etc) at Stromlo Forest Park, with the first session commencing Tuesday 30th January 2023. See program schedule at the end of this document for details.
- **Coaching Sessions commence at 4.30pm** and vary in duration depending on daylight hours. During daylight saving sessions will run from 4.30pm - 6.30pm and in the winter months sessions will run from 4:30 to 6:00 pm.
- Riders should arrive by 4:15 pm to ensure they are ready at 4.25pm to hear the coaches' instructions. Coaching groups leave the pump track at 4.30pm. Please note, for the safety of all riders and coaches, riders must be ready to commence coaching at 4.30pm. The meeting point is the pump track next to the Handlebar Café.
- For new riders - assessment sessions may be held in the first week 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 AusCycling qualifications. At all times, junior riders are to listen to the coaches, follow instructions, support each other, and stay with the group.

Parent riders\* are encouraged to join in on coaching sessions. This helps keep the sessions going if there are mechanical issues, and can offer extra assistance in the event of an accident.

### **Fitness Rides**

Fitness rides are held from 6.00pm to 7.00pm on the alternate Tuesdays to the skills coaching sessions (e.g. week 2 of the program). Riders are divided into groups that are based on fitness/speed and get to explore different areas every fortnight. 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 the Stack Team App the Sunday before the ride.

The purpose of the fitness 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 and riding level. Lights will be required once daylight savings ends.

There will be a number of groups at the fitness ride including one catering to those seeking a leisurely pace.

Parent riders\* are essential to these groups being able to run, and are encouraged to join in. 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.

## **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.

Riders 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
- Lights (once daylight savings ends) - ideally a handlebar and a helmet one
- 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 is locked.

## **Contact Details**

We use Stack TeamApp for most of our communications. Please download the app and search for “CORC Juniors” to become a member. If you need to contact us by email please use [juniorsxc@corc.asn.au](mailto:juniorsxc@corc.asn.au). For specific queries please contact:

Junior Development program coordinators – Alison Mungoven 0434 995 808, Penny Burrell 0449 135 486

Group Ride coordinator - Paul Brodie, 0450961787

Junior Development Riding Kit coordinator – Steve Halpin

**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 AusCycling junior participation policy that we will be following as much as possible. A copy of the policy is available on the AusCycling website and is updated at times.

## **CORC Club Race Calendar**

We love to see our junior riders participate in racing, but it’s not a requirement of the program. If you are new to racing, there are lots of people around to help you get started. All CORC Club race events are published on the CORC website/Facebook page. All riders that volunteer to help on race day will gain free entry to the race. 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 AusCycling website.

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

The total cost of the 2024 program is \$750 per participant.

The main program fee (\$550) covers the group coaching, the strength and flexibility sessions and the fitness rides. It also covers fees charged for the use of Stromlo by groups and a item of CORC Junior Development riding kit. Other CORC riding attire (knicks, race jerseys, hoodies etc) can be purchased from the CORC Equipment Coordinator.

The remaining fee (\$200) will be payable by those participating in the camp.

### **Program Acceptance and Deposit**

**New riders:** Once applications are assessed, if the rider is accepted into the 2023 CORC Junior Development Program, you may do two weeks without payment as a trial. Then program fee of \$550 is required by Friday Feb 16th

**Returning riders:** The program fee of \$550 is due by 30th January 2023.

**All riders:** The camp will be held in the final weekend of October school holidays (11th - 13th October) and the fee of \$200 will be due a month before the camp.

Payments will generally be through the 'EntryBoss' website. More details will be provided to participants. Payment plans are available upon request.

### **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.
- 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.
- 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.
- Represent all of my supporters and sponsors in a positive light by conducting myself professionally at all times.
- 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.

### **Sponsorship provided**

The CORC Junior Development squad is supported by:

PhysioSport O'Connor : discounted physio and bike fitting appointments for participants

A Line Moves : support of our strength and stretching sessions

Team Fitness Centre : support of our strength and stretching sessions. They also offer half price memberships to CORC members.

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. You do not need to be able to ride a mountain bike to volunteer.

### **Riding under Lights**

Lights will be required once daylight savings ends., 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. Parent support riders are required during the Group Ride/Fitness sessions (held every second week during the program) and may be required for coaching sessions. To participate, parent support riders should have an **ACT Working With Vulnerable People card** and details will be requested at the beginning of the year, and updates as required. A WWVP card is free if you are volunteering, and can be applied for at this link:

[Apply for or renew a WWVP registration - Access Canberra \(act.gov.au\)](#)

### **Younger riders**

CORC sometimes runs sessions for younger riders, aged 8-12. If you are interested in these, best thing is to like CORC on facebook as any sessions will be advertised there.

## 2024 CORC Junior Program Calendar

Tuesday, January 30	Coaching	4:30-6:30 pm
Tuesday, February 6	Fitness ride	6:00-7:00 pm
Tuesday, February 13	Coaching (2hr)	4:30-6:30 pm
Tuesday, February 20	Fitness ride	6:00-7:00 pm
Tuesday, February 27	Coaching (2hr)	4:30-6:30 pm
Tuesday, March 5	Fitness ride	6:00-7:00 pm
Tuesday, March 12	Coaching (2hr)	4:30-6:30 pm
Tuesday, March 19	Fitness ride	6:00-7:00 pm
Tuesday, March 26	Coaching (2hr)	4:30-6:30 pm
Tuesday, April 2	Fitness ride	6:00-7:00 pm
Tuesday, April 9	Coaching (1.5hr)	4:30-6:00 pm
	SCHOOL HOLIDAYS	
Tuesday, April 30th	Coaching	4:30-6:00 pm
Tuesday, May 7	Fitness ride	6:00-7:00 pm
Tuesday, May 14	Coaching	4:30-6:00 pm
Tuesday, May 21	Fitness ride	6:00-7:00 pm
Tuesday, May 28	Coaching	4:30-6:00 pm
Tuesday, June 4 - Tue July 16	Winter break	
Tuesday, July 23	Possible strength & flexibility session TBC	5:00-6:00pm
Tuesday, July 30	Possible strength & flexibility session TBC	5:00-6:00pm
Tuesday, August 6	Possible strength & flexibility session TBC	5:00-6:00pm
Tuesday, August 13	Possible strength & flexibility session TBC	5:00-6:00pm
Tuesday, August 20	Possible strength & flexibility session TBC	5:00-6:00pm
Tuesday, August 27	Possible strength & flexibility session TBC	5:00-6:00pm
Tuesday, September 3	Coaching	4:30-6:00 pm
Tuesday, September 10	Fitness ride	6:00-7:00 pm
Tuesday, September 17	Coaching	4:30-6:00 pm
Tuesday, September 24	Fitness ride	6:00-7:00 pm
	SCHOOL HOLIDAYS	
Fri 11 Oct - Sun 13 Oct	<b>CORC JUNIOR CAMP</b>	
Tuesday, October 15	No session after camp (riders always too tired)	
Tuesday, October 22	Coaching	4:30-6:30 pm
Tuesday, October 29	Fitness ride	6:00-7:00 pm
Tuesday, November 5	Coaching	4:30-6:30 pm
Tuesday, November 12	Fitness ride	6:00-7:00 pm
Tuesday, November 19	Coaching	4:30-6:30 pm
Tuesday, November 26	Fitness ride	6:00-7:00 pm
Tuesday, December 3rd	Coaching + Pizza	4:30-6:30 pm

