

## **The ADT Event Center Announces**

### **Summer Junior Track Cycling Training Camps for 2008**

Juniors of all USCF age groups eligible to race this year are invited to learn how to ride this unique facility safely and with confidence. Experience what its like to race here before the Nationals, using tips and information to help you prepare for the 2008 Championships. Parents and coaches are encouraged to participate with their riders as we will help teach support people how to best assist riders at the track. Each camp will include:

- 5 riding sessions
- 3 lectures/presentations
- 2 Q and A's with coaches and presenters
- Take home videos and handouts

All camps will be run by Olympian and former National Cycling Coach Roger Young.

#### **Camp 1: Skills Camp - June 27-29**

This camp will focus on helping riders learn to "read" the track, get used to the 46 degree banking, setup equipment, and provide training tips to take home. Activities will include extensive skills work, racing drills, and fun races, all geared toward giving riders the assuredness to have fun racing on the wood velodrome.

#### **Camp 2: Racing Camp - July 18-20**

Beginning with some help orienting riders to the track, this camp will then focus on the various races for each age group, teaching riders how to race. Tactics, skills, and strategy will be included in an enjoyable format of drills, practice races, lectures, and demonstrations.

#### **Camp 3: Speed Camp**

**August 2-4** [riders also competing at Road Nationals]  
**August 9-11** [trackies or those finished Road Nationals]

A quick orientation for riders to help them adapt their skills to the ADT Event Center, then this camp will focus on final preparation for the Nationals. Including race simulations, motor pacing [using a safe fun method], and other "race ready" techniques. Riders will go into the Nationals, fast, rested, inspired, and well versed in the track's nuances.

#### **Costs**

Individuals: \$180/camp

Families: [2 or more riders registering together]: \$120/camp/riders

**NEXT PAGE FOR CAMP SCHEDULES AND REGISTRATION INFO**

## Camp Schedules

5 sessions:

[Day of arrivals/setup and registration from 5-7pm]

Start Times:

Session 1. 7pm

2. 9am

3. 3pm

4. 8am

5. 1pm

[End of the camp by 4pm final day]

## Registration

We will allow a maximum of 30 riders per camp, Registration is open anytime now through Howard Marans ([howard@momentumcycling.com](mailto:howard@momentumcycling.com)) or for information at 714-904-8625. Prepayment will be required to register. Checks should be made out to Home Depot Center and mailed to:

Howard Marans  
50 Pelican Crest Drive  
Newport Coast CA 92657

There will be releases required which we will post at some point prior to the camps. Please specify which camp(s) are being registered for.

Transportation, Housing, Meals: Each rider is responsible to provide their own transportation, housing, and meals/drinks. The ADT Event Center will provide information for local hotels and restaurants. For further information please contact [adteventcenter@aol.com](mailto:adteventcenter@aol.com) or Howard Marans at 714-904-8625.