

## **Objective of the Alta Alpina Junior Cycling Team**

The objective of the Alta Alpina Junior Team is provide an avenue for junior riders, 18 and younger for:

Introduction to bicycling with an emphasis on safety  
Training independently and with a group  
Introduction to Nutrition  
Local Race participation for Competitive Cycling

The emphasis of the program will be placed on Road Cycling. The club has resources to facilitate road cycling, although this does not preclude Mountain Bike training and racing.

Should there be interest of the Board Members, Coaches and Athletes, attendance to regional and national races can be planned for those who qualify and are selected by the Junior Team Staff. The decision to transition to a traveling race team needs to be heavily considered as it requires significantly greater budgetary and staffing commitments.

World Class athletes have been produced from this area: Greg LeMond and Antonio Cruz of the United States Postal Service team with Lance Armstrong.

Should athletes be identified with national or international capabilities, the current resources can coach them to a high level and eventually connect them to a program that will facilitate the highest levels they can achieve.

Riders under 23 years of age, U-23, internationally known as Espoirs, will be welcome to participate as members and mentors for younger riders.

## **Membership**

Junior Team members will be required to become members of the Alta Alpina Cycling Club as junior members, although it is highly recommended that the family join as a whole for support and economy of club fees. Junior fees are \$5 per year.

## **Club Resources**

The board of directors for the club is fully in support of the Junior program and has provided resources for youth who do not have clothing and/or equipment necessary. This equipment includes limited bicycles, clothing and accessories. Any resource loaned to the athletes is the property of the club and is the responsibility of the athlete to maintain those resources in reasonable condition. Normal wear and damage of the equipment is expected and the costs will be shared between the club and the athletes.

Any negligence causing the damage of the resources will be the responsibility of the athlete and their guardian.

The intent of providing bicycles is to make them available initially for those who are not sure of their commitment level to the sport. The bike loan program is also meant to mitigate the initial costs for parents of initiating athletes into the sometimes expensive sport of cycling.

It is the intent of the team to provide a relationship with the local shops to purchase entry level bicycles, clothing and accessories at a good value as a means of progression to higher levels of the sport. However, the club resources will be made available to those who show a significant commitment and can't afford the necessary equipment.

## **Requirements of Family**

It is of the utmost importance for a successful endeavor athletically, mentally and spiritually, that there be support from the family and other people around the athlete. Cycling has its own specific challenges, which can differ from traditional sports. Parent or Guardian approval is required.

## **Requirements of Athletes**

**Commitment:** Cycling is considered in many circles as one of the most difficult sports in the world. This is testified to by the world's most difficult sporting event, Le Tour de France. This requires commitment and dedication to training, diet and self discipline. While we are not training for the Tour de France, the team does require a minimum level of commitment by the athletes.

**Training:** The athletes are requested to participate in the group training sessions which will be 1 to 3 times a week. They will also be required to train independently. Supported athletes, are required to train at least 3 times a week. Otherwise, resources will be directed to those who show a higher level of commitment.

**Behavior:** The athletes will be required to be a good representative of Alta Alpina Cycling Club, Alta Alpina Junior Team, and the cycling community. This includes obeying traffic laws, being courteous before, during and after training sessions and races. During all activities, even outside the cycling arena, each athlete should remember that they are ambassadors for sport and cycling. Any use of illicit drugs, tobacco, and alcohol will be grounds for expulsion from the team. Any excessive abuse of others: teammates, officials, competitors, parents coaches etc. verbally or physically will also be grounds for expulsion. Parents have the right to deny participation of the athletes due to discipline and scholastic problems etc.

## **Races/Events**

The intent of the team is to train athletes toward the goal of cycling competition. There are two race series in the Truckee Meadows and Carson Valley/Lake Tahoe area. Alta Alpina promotes the Carson Valley Wednesday Night Races and the Reno Wheelman promote the Tuesday Night Races. Participating in these races is highly emphasized, especially those promoted by Alta Alpina.

Alta Alpina promotes the Pine Nut Cracker, Mountain Bike Race in late May/early June and the Carson Valley Classic, which includes a road race and criterium, and the Tour of the California Alps: the Death Ride. It is also highly emphasized that the athletes and the athletes' families volunteer and participate in these events.