

# JAMES WILLIAMSON JUNIOR DEVELOPMENT CAMP 2014

## CAMP OVERVIEW

### BRIEF HISTORY

2014 will mark the fourth James Williamson Junior Development Camp. Each year, sixteen to twenty two juniors are chosen to take part in the Camp. In the past, juniors were selected from the Southern Highlands and Canberra Off Road Cyclist clubs. In 2014, the application guidelines are being broadened to include juniors from all over New South Wales. This year, the camp will be held from 14 to 16 November at Bungarra, Jindabyne.

### COACHES

Coaches are drawn from the highest levels of the sport. In 2014, coaches will include Dylan Cooper, Shaun Lewis, and Ben Henderson with other coaches still to be confirmed.

### FEE PER PARTICIPANT

Each participant will be asked to **pay \$100** towards the costs of the camp. Payment of the \$100 fee must be paid when the information sheets are returned by Juniors. (See below)

### MTBA LICENCE REQUIRED

Each participant must have a current MTBA licence to take part in this camp.

### BIKE

Each participant must arrive with a **fully functioning recently serviced** mountain bike, Australian standards' helmets, cycling clothes, shoes, gloves and any other personal cycling equipment.

### WHAT IS INCLUDED IN THE CAMP

- Specially designed *Willo* Jersey
- Accommodation for two nights (Friday & Saturday) at Bungarra Lodge at Jindabyne.
- All meals prepared by the Bungarra Lodge and served in the dining room
- Coaching instructors, professional and camp support staff
- Snacks and race foods (fruit, muesli bars)

### CAMP PROGRAM

The weekend camp is structured around periods of physical activity mixed with theory and group discussion. This enables juniors to gain experience of all aspects of riding and bike maintenance as well as hearing about the challenges of training, over-training, motivation and competition. The ratio between coaches and juniors is one to five, allowing juniors to benefit from individualized attention from experienced riders.

- Practical coaching sessions will include working on specific skills and group rides
- Information sessions will include activities such as nutrition; massage, stretching & injury prevention; life skills, self improvement and motivation; basic first aid for on-course injuries/cleaning up injuries; and bike maintenance (on and off-course) and basic set-up

### TRANSPORT

Transport is available for participants travelling from the Southern Highlands and Canberra. (Bus and bike trailer). Juniors coming from other areas, provide their own transport to and from Jindabyne.

### START AND FINISH

Arrival is on Friday 14 November, from 4pm onwards. Departure is after lunch on Sunday 16

November.

**WHAT WE WILL NEED**

Successful applicants will be required to supply further information. This will include:

1. Personal Detail and Agreement Form. (This covers contact details, dietary requirements, jersey size etc).
2. Medical Consent form. Covering any medical/personal issues
3. \$100 to be paid when the above forms are returned.

As well, detailed information covering timetable, maps, what to bring etc. will be sent to applicants

**APPLICATION CLOSE DATE**

All Applications must be received by Meg Patey on 7 September 2014

<b>POSTAL ADDRESS</b>  Meg Patey James Williamson Junior Development Camp 67 Colo Rd Colo Vale 2575 NSW	<b>OR EMAIL</b>  megnjohn@hinet.net.au
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**By 7 September 2014**