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Bubba's Bikelab ScyclePro racing development program 2017 – 2019

Come Race with Us in 2018. Calls for Expressions of Interest

Proposal

Bubba's Bikelab and ScyclePro will be supporting / sponsoring the development of both a women's and men's racing group in 2018 / 2019. The benefits to both our organisation and individual riders are many but the over-arching objective is to improve the links between riding groups on the Gold Coast and the racing community. The transition from group riding to racing can be challenging and, at times, a little intimidating. So we are very keen to provide the opportunity for riders to make such a transition with a group of like-minded colleagues and the support of our organisation.

Overview

We envisage men's and women's racing groups that each contain 10-12 riders, although the possibility exists for higher numbers depending on the response.

The support program would include:

- Race entry paid to your goal event for the season and sponsored kit registrations paid with Cycling Qld and Cycling Aus.
- Race kits supplied at cost price (pro level Cuore custom jerseys and bib-shorts)
- A testing program administered for each rider and training plan supplied.
- Regular race-specific group training sessions
- Race mentoring and strategy sessions

The plan is to begin with a solid testing, physical conditioning and mentoring system before commencing a program of club races. From here we will obtain relevant open race gradings and enter some of SE Qld's open racing events.

2018 is earmarked as a development year, gaining experience with club and open races. Our long term vision however is to have masters and women's teams entered in the QTRS events, where we can travel and race as a group.

Who is this for?

This is certainly not a program that is exclusively for elite level cyclists. The Bubba's Bikelab ScyclePro racing groups are for riders keen to (or even just curious) try racing or continue their development in the

Queensland cycle racing scene. Riders may apply or simply enquire as to whether the racing groups are a good fit. Ideally, cyclists will have a few years of group riding experience and a reasonable endurance base. That said, sometimes riders with minimal experience seem to have a natural aptitude for cycle racing, so longevity in the sport is certainly not a deal-breaker.

Some attributes that lead to suitability:

- A desire to improve cycling performance
- Motivation to set goals and strive.
- A good sense of team spirit
- A touch of good old fashioned competitive spirit

How will the program look?

Once the core women's and men's rosters have been filled (10-15 riders for each), the following program will be rolled out:

1. Physical and skills assessments for each rider
2. Training plans and development established for each rider
3. Other supplementary activities will be identified as priority. These may include off bike conditioning, skills sessions, race strategy sessions or even watching of race videos to build a better understanding of the subtleties of race craft.
4. Season plans built around priority race goals and other supplementary events such as Gran Fondos or coach-developed event rides.
5. A timetable of weekly sessions that guide the week on week roll out of the program.
6. A racing schedule will be devised for each rider. This would include a mix of technical training sessions, race simulation training, club races and CQ open races.

Responsibilities and commitments for riders

There is an implicit expectation that riders will commit to the program on a long term basis. Bubba's Bikelab and ScyclePro will invest significantly in the program and team members will be expected to make the following commitments:

- Pay an initial registration fee of \$395 which cover the cost price of the racing kit (additional kits will also be available to riders at cost price) and initial program administration
- Pay an annual membership of \$325 which will cover the cost of a new racing kit each year.
- Ensure that the CQ race licence is valid for each year
- Volunteer at club races on a rotating basis. It is very important that we are seen to be "putting back" into the sport.
- Be available to train with the group for a minimum of one session per week. In the case of QTRS participation, be available for every race in the series (series dates to be confirmed but usually four races per season).

Each rider will receive

- A comprehensive assessment of physical capacity and skills analysis
- An individual training and development plan
- A race season plan, developed quarterly
- Cost price cycling kit
- Cost price tours and training camps with Bubba's Cycling Tours.
- Race entry paid for each riders goal event for the season.
- Sponsored rider registrations paid
- Weekly training sessions and full access to coaching advice.

To express your interest please contact Bubba using any of the following:

Facebook messenger: Brian Cooke

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