



## The Cycling Development Foundation Junior Cycling Academy (JCA)

### What is the JCA?

- The JCA provides a pathway for national championship 'podium' aspirational junior cyclists of any club/coach affiliation. The program compliments existing coaching (club/private) systems and does not seek to replace either.
- Members can be coached by any club/coach or individual
- Junior athletes (U13, U15, U17) can enter a pathway that will expose them to institute level training services and practices that aim to best prepare them for **state and national championship competition**.
- It is important to understand the philosophy of the JCA is to procure self-improvement first over attainment of outcomes alone. Meaning we value the process of learning to improve athlete competency as opposed to seeking an outcome only (winning, podium, etc). We believe athletes are healthier and more resilient if a focus on self-improvement (mastery) is attained at younger ages for their sporting exploits across the lifespan.

### What joining the JCA involve?

The program involves:

- Indoor cycling testing to establish a basis of self-improvement and to outline current fitness attributes. This allows us to measure a benchmark for self-improvement measurement and to best outline suitable training intensities based on each athlete's current fitness ability and are completed up to four times a year to evidence self-improvement.
- Indoor based training (ergo) based on the indoor cycling testing. This form of training aims to evidence self-improvement using tailored indoor cycling sessions based on each athlete's current fitness ability and are completed up to once a week.
- Strength & Conditioning inductions are a private one on one consultation with a qualified instructor with the goal of introducing athletes to correct technique and management of GYM type training. This is important for correct motor-development in young athletes. Consultations are completed on average four times a year to monitor progression.
- Strength & Conditioning classes are small group sessions completed with a qualified instructor that allow for the correct implementation of lifting techniques, completed up to twice weekly.
- Holiday training sessions are inclusive and diverse in nature. Sessions can include skills-based workouts; BMX sessions; cyclocross technical sessions; private testing sessions and more for the entire group. The purpose of these sessions is to bring the entire group together, have fun, and experience different elements of what cycling more broadly can offer.
- Periodic workshops (parents also invited) to explore elements of sports nutrition, psychology in sport, learned resilience, sports performance, enduring short coming and more. These sessions are more informative and look to apply theory to practice.
- Athlete-Parent-Coach consultations are afforded twice yearly to allow for shared understanding and exploration of athlete needs and development. This allows opportunities

to further development of the athlete training environment based on their unique needs and values more fully.

- End of Year awards function offers peer-voted and coach-voted awards for the athletes to acknowledge their self-improvement journey and reward effort and application as opposed to outcomes alone.
- JCA athletes will also have access to a unique clothing design, with branding from the various program partners also included on the design.
- Owing to the discounted costing of the service provision to the athlete we work with each athlete across a 12month term

### Do I need to be in Perth?

- The service provider for the JCA is **Exercise Institute**, located at 34 Townshend Road Subiaco.
- However, the JCA also offers remote assistance to athletes who are not located near the training facility. This affords the athletes consultation around best practice in their training and preparation toward high performance goals and is afforded differently as a result.
- Remote JCA athletes will benefit 1 on 1 consultations when they are in Perth, and monthly online consultations through the year to ensure their optimal athletic development.

### What does the program cost?

Local athletes \$75 per week

Remote Athletes \$37.50 per week

JCA athletes benefit from delivered services totalling over \$400/month in value for just \$75 per week. The breakdown of delivered service costs for the JCA membership can be found below.

<b>Costs</b>	<b>Sessions Per Month</b>	<b>Session Cost</b>	<b>Per Month Cost</b>
<b>Ergo</b>	3	35	105
<b>Strength</b>	8	15	120
<b>Testing</b>	0.33	80	26.4
<b>Personal GYM Consult</b>	0.33	95	31.35
<b>EOY Ticket</b>	0.0833	100	8.33
<b>Athlete Parent Consults (2 x year)</b>	0.1666	150	24.99
<b>Holiday Training Sessions (8 x year)</b>	0.666	350	23.31
<b>Workshops (5 x year)</b>	0.4166	300	12.498
<b>Administration</b>	1	500	50
<b>Monthly Total</b>			<b>401.878</b>

### How can I have more information?

For more information regarding the JCA you can contact us or visit our website

<https://www.cyclingdevelopment.org.au/junior-cycling-academy/>