

RACE DEVELOPMENT SQUAD

- Are you keen to compete in Mountain bike races and events?
- Do you need advice on your bike, fitness, race skills, nutrition and race prep?
- Do you have some Event orientated goals that you need help reaching?
- Do you wish to be part of a team that is supportive and understanding of your goals and needs when it comes to your mountain biking?
- Are you likely to get more out of your training with structured and specific MTB sessions?
- Do you want to continue fine tuning those technical skills in a small group environment in regular “skills” sessions?
- Do you love going on social rides, MTB or road but don't have a great network of people to call on?
- Would you benefit from online and phone support relating to your cycling “issues” from the MTB Skills experts?
- Are you looking for a race & / or bike fitness specific program to help you reach your goals?
- Would you benefit from a support network at races to help with your feeding, mechanical needs and general assistance to keep riding at your best for the duration of your race?
- Do you love to attend camps? We have a TRAINING CAMP planned annually for some specific race preparation. Various locations in mind.

If you are keen to race or participate in MTB events but don't know when, where, how or why?...

...Join the MTB SKILLS RACE DEVELOPMENT SQUAD Now!

MTBSkills.com.au

Mountain Bike Coaching for Everyone

Purpose:

- To promote Mountain biking to all ages, genders and abilities.
- To eliminate non participation by removing factors such as fear, creating supportive friendships and teams and giving participants a vehicle to add purpose and function to their addiction to mountain biking.

How do I join?

Firstly you must meet the following criteria...

- You must love mountain biking (of course!)
- You must have completed at least a Beginner level course with MTBSkills.com.au
- You are keen to either RACE, Participate or work towards entering MTB events/races of any level
- You don't mind sharing your time on the bike with other like minded people, be willing to assist others where possible and be open to being part of a "team orientated" environment

If this is you then the joining process is as follows:

1. Every SQUAD member must submit a GOAL SHEET (form attached) at the commencement of membership and then every 6 months at least.
2. Complete an application form with personal details for our records. Return to us via Fax(03 52366424)Scanned docs via email or post to 14 Frizon St, Forrest 3236. We will then read through and accept your registration and forward you details for payment.
3. Payment of \$100 annually – From date of payment (12mth), payable via direct deposit or Pay Pal. (see www.mtbskills.com.au for details or email info@jessicadouglas.com)
4. **It is STRONGLY RECOMMENDED** that you join Mountain bike Australia www.mtba.asn.au as an Active Senior member. (We are MTBSkills are affiliated with and are member of Forrest MTB Club. Consider joining [The Forrest MTB & Cycling Club](#)) Not only does it cover you for race day accident medical costs, but also whilst participating in our Race Squad training events should something happen to you, or another person causes injury to you. We also suggest that you have ambulance cover, mountain biking is normally conducted in remote locations, should you need medical assistance – we will call an ambulance and it can cost into the thousands. Check out <http://www.ambulance.vic.gov.au/>

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Annual Membership - \$100 per person

Membership card for 1 year entitles you to the following:

- **Log on password to RACE DEVELOPMENT SQUAD forum** of www.mtbskills.com.au which will allow you to post rides, ask questions, get help on bike related issues, access forms and information sheets, access newsletters, register your interest in upcoming races and find teams and more.
- **RACE SUPPORT for solo or team entries at most races throughout the year** – calendar provided online – support in the form of Mechanical, feed zone, motivation, race updates, and other things like a bit of camaraderie or washing your face or filling your water bottle...whatever is needed. Race Marquee provided for your comfort and shelter. Time spent pre race on technical sections, course familiarization if required.
- **MONTHLY NEWSLETTERS** – Upcoming races, discounts on products & specials, camps, skills, training calendar, social calendar, weekends away, road trips, recipes, prizes, rider profiles etc...
- **SOCIAL RIDES** – invites to all social rides, MTB or road. Social but specific rides to compliment your MTB goals. Work on strengths and weaknesses. Good excuse for frequenting cafes!
- **SOCIAL ACTIVITIES** – bbqs, dinners, road trips (world UCI Cup at Stromlo or example)
- **ORGANISED SKILLS SESSIONS** – \$10 - \$15 for 2-3 hour skills sessions at various locations focusing on specific skills, small groups of 5-10 max.
- **RACE SPECIFIC TRAINING SESSIONS** – as above for group RACE sessions at various locations focusing on specific skills: Starts, Passing, Power climbing, fearless descending, cornering at race pace, Knowing your HR zones, mechanical repairs under pressure, time trials, race other members, small groups of 5-10 max.
- **MTB TRAINING PROGRAMS** – From as little as \$10 per week, (for your first 4 week program). \$20 per week from there after (minimum of 4 weeks paid upon receipt of program)
Program devised to suit your work and home commitments as well as your racing and fitness goals.
- **MTB TRAINING CAMP** – Annual event held at different locations. Focus on fun, fitness, long KMS on bike, hills, technical aspects, bike maintenance for the MTB racing / participant types. Prepare to be flogged! (but still having fun) Cost to be confirmed dependent on location and accommodation etc...
- **BI – ANNUAL BIKE MAINTENANCE SESSIONS** – Normally held at camps or social events...will keep you posted on dates and times and nominal cost.
- **NIGHT RIDING SESSIONS** – FREE for around 2 hours at night, held at various locations: Lysterfield, You Yang's, Yarra Trails and other convenient locations or organise your own with the network of other RDS members.
- **ONLINE SUPPORT & ADVICE** – need a question answered that is MTB or cycling related? We will aim to have your question seen to within 24 hours.

2009 developments:

- **December 26th (approx) - early Jan 09** - MTB and Road riding social holiday in Forrest. Low key, family style, camping getaway for riding and heaps of swimming. Come and go as you please.
- **Torquay - Forrest - Torquay 2 Day MTB mega epic ride.** Leave from Torquay on Saturday, Ride to Forrest 90km. Ride back to Torquay on Sunday 90km again. Using some of the same route with added variations and many different elements. We will aim to do this in summer so we can ride all day and swim at the end of each day as a reward. This will be done before the Otway Odyssey, some time mid Jan. 09.
- **Jerseys** - yep...enough talk, we are onto it, and hopefully matching knicks too.
- **Mega size marquee...**as above, enough talk, the time has come to go all out and get a bigger and better shelter.
- **MTB skills van** - more room to carry more stuff!
- **RDS Masterclass sessions** - these will be run similar to our normal MTB skills sessions, but 1/2 day and progressive. Split into groups dependent on ability and skills etc... The difference will be that you can pick up from where you left and keep the continuity going.
- **Seeking Serious sponsorship for our RDS.** After the continued success of our growing group, products, companies and distributors are actually seeing that we are a growing force and are worthy of being supported. Thanks to your trust and faith in us, we now have the proof in the pudding to get some good deals going...and we will.



Athlete Questionnaire

Name: _____
Address: _____

Phone Number/s: _____ Mobile: _____
Email: _____
Date of Birth: _____
Height: _____ Weight: _____
Your Occupation: _____
Sporting Clubs or organizations that you belong to: _____
Emergency Contact: _____
Emergency Contact Phone _____
No/s: _____

Medical History

1. Please list any medications which you take that we should know about and what do you take them for?

2. Conditions: DIABETES: yes / no EPILEPSY: yes / no ASTHMA: yes / no
Please list details if YES to any of the above _____

3. Have you had a stroke? Yes / no

4. Has your doctor ever said you have heart trouble? Yes / no

5. Is there any other physical reason that prevents you from participating in an exercise program, (e.g.: cancer, osteoporosis, severe arthritis, mental illness, thyroid, kidney or liver disease?)
Yes / no

6. Do you have any pre existing injuries that you have a management plan for? Yes / no Please list: _____

7. Please describe all previous injuries, operations, illnesses to the best of your knowledge:

Physical Activity Questions

1. What sport/s do you currently play or participate in? _____

2. What sport/s have you played or participated in previously? _____

3. Describe briefly (and be honest!), a normal weekly training schedule:

6. What do you love most about mountain biking?:

7. What do you dislike the most about mountain biking?:

8. In relation to your MTB'ing, what is the first thing that comes to your mind!.....

What motivates you? _____

What de motivates you? _____

What do you want to achieve? _____

How do you plan to get this?: _____

Why is this important to you? _____

In your opinion, what is currently stopping you from reaching your full potential?: _____

GOAL SETTING SHEET

By completing these forms we can assume that you wish to enter some mountain bike races or events over the coming year.

We are asking that you start to put your aims in relation to this on paper.

Once on paper, it will help all involved make this a reality or you.

You may have heard of S.M.A.R.T before when goal setting?

- Specific – Exactly what is it that you want to achieve
- Measurable – Give yourself a distance or a time to achieve for example
- Achievable – you want to dream of course, but ensure that you can actually achieve this goal
- Realistic – similar to achievable you must be realistic, if you just cant get up early to train, don't say you will!
- Timely – put yourself out there and set a date or an event that you want to be "on track" for.

1. Now that you have made the commitment to be a part of the MTB SKILLS RACE DEVELOPMENT SQUAD, what is it that you wish to achieve?

2. Name at least 2 events or races that you would rate as HIGH PRIORITY in the next 6 months. Give the event Name, Date, Location, entry type(team, solo etc...)
:

3. Name at least 2 other events that you are keen to do, but they are not as important as the ones listed above. Give the event Name, Date, Location, entry type(team, solo etc...):

4. What are you willing to do to reach these goals? E.g.: ride 3 times a week, start night riding, stop smoking, go to spin classes
etc...

5. Taking the above answers into consideration, list your key dates that you need to be ready to perform:

6. What else do you wish to consider, plan for or commit to on paper? Please list:

I have completed this form to the best of my knowledge, and consent to participate in this program.

SIGNED: _____ **Date:** _____

Name:

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Helpful links:

1. www.mtbskills.com.au
2. www.rideforrest.com.au
3. <http://www.rideforrest.com.au/forrest-mtb-club.php>
4. www.mtba.asn.au
5. <http://www.mountainbikevictoria.com/>
6. www.torqaustralia.com.au
7. www.fullgaspromotions.com.au
8. www.parktool.com
9. www.rapidascent.com.au

Our Supporters/ Sponsors:

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2. Giant Bikes Australia www.giantbikes.com.au
3. Torq Australia www.torqaustralia.com.au
4. SRAM www.sram.com/en/
5. Jet Black Products www.jetblackproducts.com.au
6. Full Gas Promotions www.fullgaspromotions.com.au

