

# **BENDER**

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## COACHING

### Bender Coaching Projected Camp Daily Schedule

subject to change for weather conditions

**Monday 6/19:** 5-8pm drop off, camp set up and introductions

**Tuesday 6/20:**

7-9am	Wake up and breakfast
9-10am	Race day prep -- equipment focus
10-1115am	MTB Technical skills
1115-12pm	On bike nutrition management
12-1pm	Lunch
1-2pm	MTB Technical skills
2-3pm	Nutrition basics: portions, calories, consumption
3-5pm	Drafting, pace line, group ride basics and etiquette
5-7pm	Dinner/shower and clean up
7-10pm	Campfire and relax
10pm	Lights out

**Wednesday 6/21:**

7-830am	Wake up and breakfast
830-930am	Transport to trail head, depart by 930am
930-1215pm	Ride to halfway point(turn around spot)
1215-215pm	Lunch and relax/swim time/recoup time
215-515pm	Ride back to trail head
515-6pm	Transport back to Camp
6-8pm	Dinner/shower clean up
8-10pm	Campfire and relax
10pm	Lights out

### **Thursday 6/22:**

7-830am	Wake up and breakfast
830-930am	MTB Technical Skills
930-10am	Race skills, leans/bumps
10-11am	MTB Technical skills
11-3pm	Lunch and individual athlete goal setting/assessment
3-4pm	Transport and arrive at Park
4-5pm	Race tactics and course preview
5-6pm	Relax, hang out
6-8pm	Short track practice race sessions with local USAC club
8-10pm	Post race dinner at local restaurant

### **Friday 6/23:**

7-8am	Wake up and breakfast
8-945am	Travel and unload bikes at Park
945am-12pm	Skill work and trail riding session 1
12-130pm	Lunch local restaurant
130-230pm	Race day prep- Nutrition planning and meal timing
230-430pm	Skill work and trail riding session 2
430-630pm	Load bikes and travel back to camp
630-8pm	Dinner at camp
8-10pm	Campfire and relax
10pm	Lights out

### **Saturday 6/24:**

7-8am	Wake up and breakfast
8-9am	Load up and travel to practice race location
9-11am	Unload bikes and complete course pre ride and evaluation
11-1pm	Practice race day! We will have a simulated race course set up and athletes will prepare like it's an actual race and then get a race effort in.
1-2pm	Post race discussion and snack
2-5pm	Return to camp, clean up and pack
5pm	Post Camp parent and athlete BBQ

Technical skills include but are not limited to:

Riding rock gardens	Navigating roots
Sand pits	Riding in muddy conditions
Drops and step ups	Water crossings
Steep uphill and downhill riding	Log overs
Dismounts	Cornering and turning

## **Items to bring:**

Bike(cross country specific)

Shoes...to include cycling shoes and gym/workout shoes

Crocs or shower style flip flops

Ensure bike has maximum amount of bottle holders or have hydration pack

Gloves

Sun glasses

Helmet

Cycling computer( if you have one, don't need to purchase for camp)

## **2-3 riding days worth of: (on-site laundry available)**

--socks

--jersey or riding shirt(preferable at least one with rear pockets)

--bibs/shorts

--if necessary cool riding clothes, sometimes is can be in the 50's

bug spray

sun screen

3 or more water bottles

lounge/campfire clothes

gym clothes (shorts and t-shirt, one set)

jacket/sweatshirt/long pants for cool conditions

Swim suit

Minimum of 2 towels

Flashlight or cycling light(we won't ride at night but useful around camp at night)

Hygiene supplies (soap,deodorant, toothbrush...ect)

Sleeping bag and pillow

Camp chairs provided but feel free to bring a favorite.

Small amount of cash(plastic if that is what you use) for emergencies (\$20)

Notebook for writing down questions or note taking on lecture sessions.

All meals, snacks, drinks and transportation costs once at the camp are included.

Athletes should not need to spend any money.