

Peninsula Velo 2013 Elite & Master Racing Program

The Peninsula Velo Racing Program is an optional program offered to PV Active Racers. The goal of the Racing Program is to provide coaching and testing services focused on developing each athlete's full potential.

Program Duration - December 1, 2012 -September 30, 2013

Team Coach - Clark Natwick

The Racing Program consists of three levels with deliverables and fees applicable to any male/female race category.

1. Basic Level
 - a. Participation in 10 monthly Pen Velo Performance group meetings
 - b. Coach to provide leadership prior to and at the events for tactics, strategies, & technical support at minimum of 10 "A" races
 - c. Set up and review of individual athletic goals
 - d. Four half-day field skill clinics in February, 2013
 - e. Coach's discount for Blood Lactate tests (\$95 regularly \$125), Bike fits (\$145 regularly \$165) and a 20% discount on full service coaching.
 - Fee - \$75
2. Advanced Level
 - a. All basic level deliverables
 - b. Athlete check off list
 - c. Personal 6 month ATP outline
 - d. One blood lactate test (BLT)
 - e. Weekly consulting (based on ATP and athletic goals)
 - Fee - \$175
3. Elite level
 - a. All advanced level deliverables
 - b. One follow up BLT (total of 2 BLTs)
 - c. One Bike Fit
 - Fee - \$275
 - E3's & Master 3's are reimbursed \$75 after completion of 10 race days (multiple races on same day = one race day)
 - E1/2's & Master 1/2's fee is credited \$75 upon enrolment

2013 Training Camp

ONLY Pen Velo Racing Program participants are eligible for the training camp in January, 2013.

- Head training camp coach Clark Natwick with guest coaching, mechanic and staff will participate with a moderate fee for each athlete.

Enrollment and payment to be made to <https://penvelo.webconnex.com/RacingProgram>