

Pemberton Junior Development Camp

Dates: Tuesday 6th October – Friday 9th October 2015

Location: Pemberton School Camp - Pemberton

Coaches: Head coach, Mark Wardle is a highly experienced coach with a particular focus on juniors. As well running camps on behalf of MTBA, Mark also operates his own business, Rock and Roll Mountain biking, providing skills coaching and tours to a wide range of clients. Mark will be assisted by a number of MTBA accredited level 1 coaches, trainee coaches and elite riders.

Eligibility: The camps are open to all junior MTBers aged between 12 and 17 years old in the current calendar year. Riders outside this age range can apply for special consideration via the contact below.

The camp also caters for a limited number of MTBA Level 1 trainee coaches wishing to gain experience and credit towards their supervised hours.

This particular camp also offers a limited number of accommodation and meals packages for parent wishing to stay down in Pemberton for the duration of the camp.

Purpose: The camp aims to –

- To provide access to the coached environment for entry and intermediate level riders and promote MTB as a safe and fun activity.
- To give junior athletes the skills, confidence and knowledge of safe MTB riding techniques with the aim of minimising injuries and ensuring long participation in the sport.
- To provide a consistent pathway for the development of junior MTB athletes aspiring to compete in MTB events.
- To give coaches the opportunity to learn new skills, cement existing skills, techniques and delivery methods as well as share knowledge with other coaches.

Training: Mountain biking is an intense physical activity. This camp will involve both uphill and downhill riding, recovery procedures, stretching routines and basic strength and conditioning exercises. A basic level of fitness is assumed although it is not expected that all riders are high level athletes. The skills and training sessions throughout the camp are designed to cater for a wide range of abilities. Please don't hesitate to contact us if you need any clarification.

Camp Content: The camp is comprised of a series skills sessions and group rides along with evening presentations on basic nutrition, recovery and training techniques. Multiple coaches will allow different groups for varying skill levels and abilities along with cross country and downhill specific sessions.

Transport: Transport is available from Perth / Bunbury as a \$70 optional extra. Please note places on the bus will be limited and will only be available for booking until Sept 13th (or until full) because of the logistics involved in booking buses etc.

Accommodation and Meals: Accommodation, all meals, and morning and afternoon tea will be provided at the camp however any snacks or extra food will need to be supplied by the athletes.

What to Bring: Each athlete is required to bring;

- 1 x XC or Gravity Enduro / Trail bike. All bikes must be fully serviced and fully functional.
- Tyres must be in very good condition. Tubeless is highly recommended.
- 1 x Helmet (Australian Standards approved)
- 1 x Small hand pump
- 1 x Replacement derailleur hanger
- 2 x Spare tubes as a minimum
- 1 x Spare chain and quick links
- 2 x sets of riding gear minimum including clothing suitable for cold weather
- 1 x set of riding shoes (spare set if you have them)
- Training food (muesli bars etc)
- Water bottles or hydration pack
- Toiletries (shampoo, soap, toothpaste, sunscreen)
- 2 x Towels
- Rain jacket, warm clothes
- Pens and note pad to write on
- Running shoes or similar

MTBA has a free 2 month trial membership program. Details and signup information for membership can be found [here](#). If you wish to take up this offer please complete the application prior to registering for the camp. Although the camp is open to non-members, we strongly recommend signing up as a member to access our excellent insurance cover. www.mtba.asn.au/membership

Costs:

- Junior athletes \$350 (\$50 discount for juniors that have attended a previous camp).
- Trainee Coaches (must have completed an MTBA Level 1 coach course within the last 12 months) \$150.
- Parent accommodation and meals package \$230.