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Road and Mountain Bike Camp, Para inclusive

Location: Calgary, AB

Dates: April 29th, 2023

Purpose of the Camp

The purpose of this camp is to build skills and comradery leading in the 2025 Canada Summer Games. As such, any athlete between 12-18 interested in attending will be welcomed.

Selection Date

Athletes interested in attending are asked to submit the form at the end of this document no later than April 1st to coach@albertabicycle.ab.ca. Details/Agenda for the camp will be sent the week of April 8th.

Eligibility

To be eligible for selection to the team athletes must:

- Possess a current ABA license.
- Be less than 19 years of age and at least 12 years of age as of December 31st, 2023.
- Submit the form at the end of this document no later than April 1st, 2023.

Project Fees

The ABA will be providing all the coaches, there will be a small fee to cover the athlete's lunch.

Special Note:

Athletes interested in joining Provincial Team Projects are highly encouraged to attend.

**APPLICATION FOR ATHLETES INTERESTED IN ATTENDING
APRIL 29TH CAMP**

| | |
|--|--|
| Name: | |
| Age: | |
| Discipline: (Road, MTB, Para) | |
| Coach Name: | |
| Coach E-Mail: | |
| Parent Name: | |
| Parent E-Mail: | |

Write YES next to the skills that you are capable of doing below:

| SKILLS | |
|--|--|
| Clipping in and out | |
| Changing gears | |
| Standing and pedaling | |
| Eating/Drinking while riding | |
| Riding no hands | |
| Drafting | |
| Single paceline | |
| Double paceline | |
| Echelon | |
| Riding in the middle of a group | |
| Taking a bottle in a feed zone | |
| Putting on and taking off a jacket while riding | |
| Riding close to vehicles in a caravan | |
| Bunny hopping | |
| Jumping over a log | |
| Picking up a bottle from the ground while riding | |
| Bumping elbows and shoulders with another rider | |
| Cornering at speed | |
| Track stand | |
| Steep mountain bike descent | |