

Durango Girls' U-19 DEVO Team

The Durango Development (DEVO) Team is a community-based junior program to develop high school age (14-18) kids in the mountain bike race arena to promote skills, experience, and competition. The DEVO Team will allow each team member the chance to grow as an athlete and an individual in a positive atmosphere.

Goals

1. Preparation of each athlete in various aspects of the sport of mountain bike racing and riding.
2. Demonstrate the commitment and lifestyle each athlete will need to compete in the exciting sport of mountain bike racing and enjoy it for life.
3. Preparation of each athlete in various aspects of sport of mountain bike racing and riding- specifically physiological, technical, psychological and tactical.
4. Create an atmosphere where athletes work together as a team, while developing as participants in an individual sport
5. Provide training sessions so that athletes can come together to train with other competitive racers who share similar goals and interests
6. Provide athletes with a team training outline and individual monitoring to help them achieve their goals
7. Provide race support to athletes including pre-ride courses with coach and support during race.
8. Prepare each athlete for the next step in racing if they choose to race at the collegiate level.
9. To Keep it Real!

Specifics

The DEVO Team will meet 3 times a week (**Mon., Weds., and Fri.,**) for training with a USA Cycling certified coach, Cricket Lewis. Fridays the team will meet with the U-14 and Boys' Team to do a skills workshop along with the other Devo coaches: Chad Cheeny and soon to be named as well as professional racers from the community. The team will travel to five races as well as help put-on a local mountain bike race in September. Bike maintenance workshops, intro to bike polo, tour of local cycling businesses, meeting and riding with local professional riders will sporadically be a part of the team program.

Includes

1. Coaching and training rides (3X/week) over five months (April thru August)
2. Race support at five Mountain States Cup races. Pre-ride the course as a team
3. Team training program with individual monitoring and alteration
4. Structural analysis with the Trek/VW Team Soigneur, Chris Furer CMT
5. Matching team Giro helmet and rad gloves

6. Guest appearances by Fort Lewis College cycling team racers as well as local professional racers, Shonny VanLandingham, Kristen Danielson, Elke Brutsaert, TWells, Venzara, Guillaume, Shriver, Lewis, and TBrown
7. Devo jerseys at cost price, extra kits available (top and bottom)
8. Shop cost pricing +10% on bikes and parts at Durango Cyclery (our main squeeze)
9. Bike Maintenance instruction workshop by Durango Cyclery Wrench Crew
10. Racer stats, pictures, and racer emails posted on the DEVO website (www.durangodevo.com)
11. One registration fee paid/month based on attendance and volunteer work
12. Team membership to Durango Wheel Club and Trails2000
13. One pair of team socks
14. Professional photo shoot with Kennen Harvey

Juniors Responsibilities

1. Create a cycling resume
2. Complete Application
3. Code of conduct
4. Following all traffic laws before and during practice
5. Pay annual fee
6. NORBA membership fee as well as racing fees
7. Responsible for getting themselves to and from practices and races
8. 3 days a week of training with coach Chad
9. Loving your Bicycle
10. Following the training program
11. Safe and maintained equipment
12. Volunteering time which can include fundraising, Velo Swap, Fort Lewis College spring road race, Trails 2000, and riding with Junior and U-14 Devo Teams

Team DEVO Race schedule:

April 12-13 Fruita CO Team camping

May 2-4 Nathrop Team camping

June 20-22 Crested Butte Team Condo

July 11-13 Snowmass Team Condo

August 1-3 Telluride State Championships

Sept 6-7 Breckenridge Stage Race (optional team race)

Check usacycling.org and racemsc.com for more regional racing

DEVO Velo Swap fundraiser during Iron Horse Weekend, May 22-23

Durango Devo -10 Town Plaza, Durango Co. 81301- 946-1350

Durango Devo Code of Conduct

1. Athletes shall treat them selves, coaches, and team members with respect and dignity and make a sincere effort to support the team and the shared goals of the team.
2. Athletes shall not use any illegal drugs, including any and all performance enhancing drugs as defined by the United States Anti Doping Agency, nor shall any athlete consume alcohol, or use any form of tobacco.
3. Athletes shall not engage in any manner of criminal activity.
4. Athletes shall wear a helmet while riding.
5. Athletes shall not take risks (willingly attempt anything which is beyond one's ability to control their bike safely).
6. Athletes shall stay on trails to limit damage and erosion to the environment.
7. Athlete's will follow all traffic laws.

Remember, you are responsible for all your actions and words while riding on the Durango Devo Team. Your behavior reflects upon the team as well as Durango itself. Think of yourselves as ambassadors for the team, the sport of mountain biking, and your community.

I have read and agree to abide by the above statement.

Athlete Signature _____ Date _____

Parent/Guardian
Signature _____ Date _____

Team Race Sponsorship Policy

The **Durango Cyclery** has agreed to pay for each individual to enter one event during each “team” race (5) based upon attendance to practices. If prior arrangements have been made with the coach (family vacation, agreed time off bike due to fatigue, camps, anything that has to do with school, etc.), then it does not count against you. Make-up days will be available through volunteer work. There are many opportunities to make-up: Trails2000 work, Safe Roads Coalition work, DWC highway clean-up, ride/lead with younger Devo groups, Fort Lewis races, etc. The coach will submit the list of riders who receive the sponsorship to Russell prior to each “team” race. If you choose to not race at the “team” race, there are no make-up races. To get reimbursed, DEVO racers must get a **receipt** or make receipt for each team race. **Russell** will write checks to those who bring in their receipt in the weeks following the race. Russell is available at the Durango Cyclery most mornings during the week.

Rider Signature _____ Date _____