



U.S. Cycling Development Camp

For Cyclists with Disabilities

Information Sheet

The United States Association of Blind Athletes (USABA) is pleased to host the 2009 Cycling Development Camp for Cyclists with disabilities, ages 16 and older. Cyclists will learn bike handling skills, safe riding techniques, and will receive instruction on road and velodrome (or track) racing.

The cycling camp will be held from September 12-19, 2009 at The U.S. Olympic Training Center in Colorado Springs, Colorado.

Participating Organizations:

The United States Association of Blind Athletes, Disabled Sports USA, United States Hand cycling and U.S. Paralympics.

Travel: Each athlete is responsible for the cost of transportation to Colorado Springs, CO. Arrival and departure should be made out of the Colorado Springs Airport.

Room and Board: Room & board will be provided at the U.S. Olympic Training Center from September 12-19, 2009.

Cost: The camp fee includes coaches, room and board (including meals), ground transportation, and sports medicine. The cost per athlete will vary depending on how much financial support an athlete receives, which is determined on a per athlete basis, however the fee will not exceed \$315.00. Once accepted to the camp, riders will be asked to make their checks payable to USABA, 33 N. Institute St. Colorado Springs, CO 80903.

Important dates:

Monday, August 10, 2009 – all applications due

Wednesday, August 12, 2009 – athletes notified if accepted to camp

Monday, August 31, 2009 – checks due to USABA

Saturday, September 12 through Saturday, September 19, 2009 – cycling camp

Ground Transportation: The U.S. Olympic Training Center staff will provide ground transportation to and from the Colorado Springs Airport to the U.S. Olympic Training Center.

U.S. Cycling Development Camp Application

Instructions: Please fill out the form below in its entirety. Once complete, please return your form electronically to Pam Fernandes, Camp Coordinator at pamala@quik.com. This form includes asterisks. When filling out the form, move to and select the asterisk associated with each question, and type in your answer. For visually impaired applicants, select the asterisk by moving your cursor to the asterisk and hitting “shift” then right arrow. You may then type in your answer. For questions which have no asterisk, move to the line below the question to write your answer.

To which Disabled Sports Organization (Community Based Organization) do you belong? If you are not currently a member of any, please check “have not yet joined”. Each participating athlete must join one of the below organizations prior to attending camp.

* U.S. Association of Blind Athletes and their pilots (riding partners, who must fill out a separate application)

Check one: * pilot * stoker

* Disabled Sports USA (for applicants with amputations, head injury or cerebral palsy)

* U.S. HandCycling (for applicants with lower mobility impairments or amputations, who use handcycles)

* Have not yet joined any Disabled Sports Organization

Athlete Name: *

Street Address: *

City/State/Zip: *

Home Phone: *

Work Phone: *

Cell Phone: *

Email Address: *

Date of Birth: *

Emergency Contact (please give name, relationship and phone number):
*

For military service men and women:

There is additional funding available to service men and women for the 2009 camp. Please fill out the next section so we may determine your eligibility for additional funding to the camp.

Are you currently retired or active duty? *

Did you serve in either Operation Iraqi Freedom (OIF) or Operation Enduring Freedom (OEF)?*

What is your disability? *

Thank you for your service to our country!

Athletic/Equipment Information

How many years have you been riding or racing: *

What are your goals in your cycling career?

What would you like to learn from this camp?

Please list the organized rides and/or races you have completed in the last three years:

What other sports do you participate in?

Please list any athletic camps you've attended:

Please list your athletic accomplishments, including all sports:

Do you currently ride a bike regularly? If so, how often and what distances?

What brand or model of bike will you bring to camp? (I.e. Cannondale road bike, Co-Motion tandem, etc.)?

If you are applying as a pilot (or captain) for a visually impaired cyclist, will you be bringing your tandem? *

If so, what brand of bike do you have and what size is the back of the bike?

For handcyclists only: What type of handcycle do you ride? Long seat or Kneeseat (kneeseat includes double amps):

What type of pedals do you use on your bike: (please check one?)

* Toe straps

* Clipless

* Other (please explain)

Do you own appropriate cycling apparel? (I.e. helmet, shorts, jerseys, gloves, etc.): *

Are you currently working out in a gym? If so, how often and what do you do in the gym?

How did you hear about this camp?

Please provide us with the names of two individuals who can tell us about your athletic ability, character, and in general, support your application to

this camp. Please provide name, title, and relationship to you and either phone number or email address:

Please list any medical conditions of which we should be aware:

Please list any special requirements you have for this camp (i.e. dietary, medical, etc.):

Please describe your disability (i.e. below the knee amputee, some vision but I use a cane, etc.):

For handcyclists only: What type of lower mobility impairment do you have? (Spinal Cord, Post Polio, Amputation(s), or other). Please explain:

For handcyclists only: Which of the following group's best describes your situation?

- * Quad: Cervical Injury, or equivalent impairment (affected in 4 limbs combined with thermo-regulatory issues)**
- * High Para: T1 - T9 or equivalent trunk function**
- * Low Para: T10 - L1 or equivalent trunk function**
- * Double Amputee**
- * Incomplete: ambulatory with spinal cord injury, or equivalent function.**

Please send your applications by August 10, 2009. Electronic format is preferred and can be sent to Pam Fernandes, Camp Coordinator at pamala@quik.com

You will receive an email confirmation that your application has been received. Questions regarding the camp or the application process may be directed to Pam Fernandes, Camp Coordinator at pamala@quik.com

Or (781) 449-9563 (EST).

Thank you!