

FSR Development Team

Mission

Provide an environment for beginning adult racers to learn all aspects of bicycle road racing and upgrade through the USCF categories as a team.

Goals for 2006:

1. Add 5-10 Cat 4 and Cat 5 adult riders to the FSR Roster by December 1.
2. Conduct a public Rider Development Clinic by December 1
3. Conduct 6 or more on-bike training sessions Development Team October 1
4. Develop annual training plans for all Development Team riders By December 1

Goals for 2007

1. Maintain an active racing roster of at least 5 Cat. 4 and 5 Cat. 5 riders
2. Add 5 Cat. 5's to roster
3. Have 5-10 FSR Cat. 4 and Cat. 5 racers at most local races
4. Place Top 3 in Cat 4 and Cat 5 at a regional stage race
5. Place Top 3 in Cat 4 and Cat 5 Kansas State Road Race and Criterium
6. Organize one USCF race annually as a fund raiser for the Team
7. Upgrade 5 riders to cat 4

Goals for 2008

1. Upgrade 5 riders to Cat 3

Principles

2. **Teamwork** – Cycling is a team sport and this team will build a team racing mentality. Individual goals shall align with Team goals.
3. **No Entitlements** – As amateurs, team members understand they are not entitled to have their racing expenses paid.
4. **Integrity** – Team members are expected to read and understand the racing rules put forth by USA Cycling. Unsporting behavior will not be tolerated.
5. **Participation** – Members are expected to compete regularly and in the high priority races as determined by the Team. Members are also expected to attend training sessions and assist with promoting the Teams annual race.
6. **Improvement** – The goals for this team are to upgrade riders through the USCF categories. Members are expected to put in the effort that will lead to real results.



Amateur Cycling Team Lawrence, Kansas



Sponsorship

Free State Racing will provide sponsorship to up to ten of riders for the remainder of the 2006 season. Sponsored riders will be given a FSR uniform (jersey and shorts or bibs) to use. The uniform will remain property of the FSR Development Team. The Team will replace damaged uniforms as needed. Sponsored riders will be determined by the Team Director.

Sponsored riders will sign a 2006 Rider Agreement and will agree to the following

1. Uphold Team Principles
2. Compete in Kansas State Road Race and Criterium
3. Compete in Baldwin City Stage Race
4. Compete in Tour of Kansas City
5. Compete as much as possible in other USCF and NORBA races in the region

An unlimited number of unsponsored positions are available on the FSR Development Team.

What the FSR Development Team will provide

1. An environment for beginning adult racers to learn all aspects of bicycle racing.
2. Assistance with developing an annual training plan. Training without specific objectives is not as effective as having a well thought out plan.
3. Classroom sessions led by experienced racers that cover the important aspects of bike racing including but not limited to training techniques, race preparation, team tactics, basic skills, nutrition, and racing rules.
4. On the bike sessions led by experienced racers covering on the bike skills such as pack riding, drafting, sprinting, and cornering.
5. 10% discount at our sponsor Sunflower Outdoor and Bike.
6. Pro pricing on Maxxis tires and Rudy Project glasses
7. An opportunity to learn from experienced racers, coaches, and race promoters.

For more information

Team Director -- Curtis Martell
Assistant -- Eric Struckhoff
Coach – David Mcleod

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