

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 male riders to the FSR Roster by December 1.
2. Conduct 6 Classroom type training sessions for Development Team by October 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.

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.
8. If the Team is successful at organizing a profitable bike race, or obtaining sponsorship then some race expenses may be paid.

Plan

1. Announce to the KS Unattached riders about the Development Team.
2. Accept applications from riders for positions on team
3. Hold first organizational meeting by June 1
4. Create USCF Team "FSR Development Team" under FSR -- Complete 4/28/06
5. Recruit the assistance of current FSR members to assist with coaching, and sponsorship. -- Complete 4/28/06.
6. Secure funding for team if possible

For more information

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