



2017 Team USA Track Worlds Preparation Camp[Optional]

January 30 – February 3, 2017

Velo Sports Center, Carson, CO

U.S. Paralympics Cycling will conduct an optional preparation camp for the 2017 *UCI Para-cycling Track World Championships*, at the Velo Sports Center in Carson, January 30 – February 3. Only athletes named to the Team USA roster for Track Worlds are eligible to attend the camp. Athletes in attendance will receive up to \$250 for travel reimbursement, i.e. flight or mileage, following the conclusion of the camp, and will be reimbursed up to \$30 per day for meals. Receipts for travel and meals must be submitted to Erin Popovich by February 10, 2017 COB. No receipts will be accepted after this date. U.S. Paralympics will cover hotel rooms for five (5) nights, beginning on Sunday, January 29, with a checkout on February 3rd. All athletes participating in the camp must stay at the Hampton Inn.

Preliminary Camp General Schedule

Coaches: Simon Bennett, Rick Babington | **Swanis:** Roger Batchelor | **Mechanic:** Steve Donovan

<p><u>Sunday, January 29</u> Evening – Track Worlds Team notified Athletes staying for camp move to Hampton Inn</p>	<p><u>Monday, January 30</u> 7:00 – 8:15 am – Breakfast at Hampton Inn 8:30 am – Depart for Velodrome 10:00am – 1:00 pm – Track Session 2:00 – 3:30 pm – Lunch 4:30 – 5:30 pm – 30 min Recovery spin (tranr/rollers) 6:30 – 8:00 pm – Dinner 8:00 – 9:30 pm – Recovery & Massage</p>
<p><u>Tuesday, January 31</u> 7:00 – 8:15 am – Breakfast at Hampton Inn 8:30 am – Depart for Velodrome 10:00am – 1:00 pm – Track Session 2:00 – 3:30 pm – Lunch 4:30 – 5:30 pm – Strength & Conditioning 5:30 – 6:30 pm – 30 min Recovery spin (tranr/rollers) 7:00 – 8:00 pm – Dinner 8:00 – 9:30 pm – Recovery & Massage</p>	<p><u>Wednesday, February 1</u> 7:00 – 8:15 am – Breakfast at Hampton Inn 8:30 am – Depart for Velodrome 10:00am – 1:00 pm – Track Session 2:00 – 3:30 pm – Lunch 4:00 – 5:00 pm – Massage 5:00 – 6:00 pm - 30 min Recovery spin (tranr/rollers) 6:30 – 8:00 pm – Dinner 8:00 – 9:30 pm – Recovery & Massage</p>
<p><u>Thursday, February 2</u> 7:00 – 8:15 am – Breakfast at Hampton Inn 8:30 am – Depart for Velodrome 10:00am – 1:00 pm – Track Session 2:00 – 3:30 pm – Lunch 4:30 – 5:30 pm – Strength & Conditioning 5:30 – 6:30 pm – 30 min Recovery spin (tranr/rollers) 7:00 – 8:00 pm – Dinner 8:00 – 8:30 pm – Team Meeting 8:30 – 10:00 pm – Recovery & Massage</p>	<p><u>Friday, February 3</u> 7:00 – 8:15 am – Breakfast & Hotel Checkout 8:30 am – Depart for Velodrome 10:00am – 1:00 pm – Track Session 1:00pm... - Departures</p>