



Avout Racing 2019 Elite Junior Application

Dear Prospective Rider,

Thank you for taking the time to apply for the 2019 Avout Racing Elite Junior Development Team. 2019 is an exciting year for Avout Racing as we are opening the doors to a new elite program for selected juniors across all cycling disciplines.

Please fill out the following information as best as you can – download it to your computer, open the Adobe file, and select Tools > Fill & Sign in the upper left corner. The more you write, the better we will learn more about who you are. This is a lengthy application, so take your time. If you have any questions during the process please do not hesitate to contact team management.

We will be selecting a few riders to join our program for 2019. If you are selected for the program, further information will be sent out with specific details on rider benefits, expectations, costs associated, etc. Becoming a part of our program requires a step-by-step process to ensure this team is the right fit for you, and you are the correct fit for this program.

If you have an athletic resume or fitness performance tests (V02, Lactate, Blood, etc.), please send them as an attachment with this application.

There is no racing category requirement for elite juniors however we will have a three tiered structure for those selected into our program based on age, past results, and future goals / potential. These levels will also have different rider benefits.

Age Requirements: Juniors must be between the ages of 15-18. Some 14 year olds will be accepted but additional stipulations will be put in place by team management. If you do not meet this requirement, feel free to apply. This will help us follow your racing / training more closely, so when you do reach the age requirement, we will have more background information.

All applications are due no later than November 20th, 2018, emailed to Adam@avoutracing.com

Thank you,
Adam Zimmerman
Avout Racing Team Manager / Head Coach
Adam@AvoutRacing.com
720-466-9185

DO NOT HAND WRITE. PLEASE TYPE ALL OF YOUR ANSWERS.

Name:

Current USA Cycling Racing Age:

Today's Date:

Primary Email:

Primary Phone:

Parents Contact Info (Phone & Email):

Mailing Address:

Hometown:

School Name:

DOB:

Are you a current member of Avout Racing?

How did you discover Avout Racing?

USA Cycling Category (List All Disciplines):

Current USA Cycling Upgrade Points:

Current Cycling Schedule: (How many days a week do you ride?)

Current cycling coach and their certifications:

Potential Days/Hours Available for Cycling:

Current Weights/Core/Flexibility Schedule:

Current Cycling: What specific steps "things" do you do before or after Training or Competition?

Current Weights/Core/Flexibility Protocol:

Describe any other sports in which you currently participate:

Please describe your cycling training and racing gear, including shoes, bike, wheels, computers, etc.:

Please describe any special electronic training equipment to which you currently have access (i.e. Garmin Forerunner, SRM Power Meter, Polar HR Monitor, etc):

Have you ever ridden on Zwift.com?

Do you have an indoor trainer setup to use?

Please describe your cycling environment, including information on your "favorite" rides near your home:

Do you have hill access – areas to perform time trial / field tests?

What part of competitive cycling do you enjoy most? Road Racing, Criteriums, Time Trials, Hill Climbs, Track Racing, Mountain Bike, Cyclocross, all of the above? List all of the above in order from most important to least important. Tell us more about which one is your favorite and why.

Would you be open to racing multiple disciplines?

Do you currently race multiple cycling disciplines?

Have you had a VO2 or blood lactate test? Please provide the results if available.

Have you recently had a CBC & Iron Blood test? Specifically Iron, Hemoglobin, and Hematocrit numbers would be helpful.

Do you currently complete field-testing for lactate threshold, VO2 max, maximum heart rate, etc? If so please describe your field-testing procedures and results:

Have you completed any additional tests, such as anaerobic power, resting metabolic rate, bone density, etc.? If so please describe the procedure and results, if available:

What is your height?

What is your weight? Indicate any disparities between training and racing weight:
Describe any sport-specific injuries or illnesses you currently have (i.e., knee or shoulder pains, exercise-induced asthma, tendonitis, bursitis, diabetes, etc). Be as specific as possible. Include any medications, supplements, or treatments you are currently utilizing to address the problem.

Please list ALL current medications you are taking:

How many years have you competed in cycling races?

Please list your top 5 results from 2018:

Goal races for 2019:

Please elaborate in full for the following questions

1. Why should we consider you for our 2019 roster?

5. Describe what you truly desire in a Junior Development Team:

6. What do you want out of next season?

7. Why are you sitting here, taking valuable minutes out of your life to complete this form? What are your goals? Be as honest and specific as possible describing actual races, rankings, or outcomes you want to pursue. You may also use this section to include any additional general notes. Include anything that you feel would be helpful that you haven't yet had a chance to express.