



Scholarships available! See avoutracing.org for information.

Avout Racing Juniors | Which Program is Right for You?

Avout Racing offers four different juniors cycling programs tailored to various levels of interest and ability.

Selects

Do You Dream of Cycling? Selects are serious and committed cyclists aged 13 and older who apply to train year-round. Selects continuously develop skills and fitness levels to successfully compete at the national level.

- Personalized training by coach Rob Donovan
- Off-season strength conditioning
- Race support, including two travel races per cycling discipline
- Group practices
- Leadership opportunities
- \$3250 includes a full year of coaching, two free team kits, and other perks. Reduce to nine months of coaching for \$2600.
- Application required through AvoutRacing.org.

Inspire Juniors Race

Are You an Up-and-Coming Star? Inspire Juniors Race develops strong cyclists over the age of nine with skills, strength, and endurance training aimed at improvements in competition.

- Two sessions – MTB: April 5 – July 9 (14 weeks) and CX: Aug 2 – Dec 3 (17 weeks)
- Two practices per week
- Race support
- Grouped by ability level
- Leadership opportunities
- General age-appropriate training plan coordinated with the practices
- \$495 per session or both for \$795; includes a team jersey. Fees go up \$100 per session 2/7 for MTB and 6/30 for CX.
- Application required through AvoutRacing.org.

NICA Prep

Do You Want to Stand Out on Your NICA Team? High school-aged team members train for improved performance in skills, strength, and endurance in preparation for the NICA season.

- Twice-a-week training in June and July (nine weeks)
- Practices held in the southwest Denver metro area
- General training plan to get ready to start the high school MTB season
- \$395 includes a team jersey. Fees go up \$75 after April 14, 2021
- Registration at AvoutRacing.org.

Inspire Juniors Rec

Love to Ride, Have Fun, and Get Outside? Inspire Juniors Rec brings kids aged seven and older together to ride with peers, have fun, and develop an appreciation for the sport and the outdoors while building skills, confidence, and fitness.

- Three nine-week MTB sessions – Spring: April 5 – June 11, Summer: June 14 – Aug 13, Fall: Aug 16 – Oct 15
- One coach-led practice and one team group ride each week in the southwest Denver metro area
- \$249 per session or \$595 for all three; includes a team jersey. Prices go up \$50 per session on 2/7 for Spring, 4/14 for Summer, and 6/30 for Fall.
- Registration at AvoutRacing.org.

Do you know somebody who loves to cycle? Pass it on.
And ask about our finders reward for bringing on a Select team member!