



**TEAM SOMERSET**  
JUNIOR TRAVEL TEAM

**2012**

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**Program Information**

For 2012 Team Somerset will be forming a Junior Travel Team. The mission of this program is to provide coaching and training support for a focused group of junior aged athletes and to prepare them for regional and national level events.

**Program Benefits:**

1. Coaching:  
Coaching will include the following:
  - a. Establishing team and individual season racing goals
  - b. Training plans based on goals and designated races
  - c. Organized training rides
  - d. Coaching support at events
    - i. Select local events
    - ii. State championship events
    - iii. Selected regional events (Syracuse, Tour de FCCC, etc.)
    - iv. National Championships (TBD)
2. Entry fees reimbursement for State/Regional Championships and selected team events, and 50% of National Championship events (up to \$150 per athlete).
3. Participation in the Team Somerset Bonus Program.
4. Participation in the Team Somerset Travel Reimbursement Program (excluding supported events).
5. \$25/rider/night housing reimbursement for the Syracuse stage race.
6. \$100 clothing allowance per rider.

**Rider Eligibility:**

This program is open to boys and girls with a racing age of 15-18 years old. Athletes interested in joining the program must apply to be considered. Please submit the attached Athlete Information form along with an updated race resume to **dantelman@comcast.net** or mail to:

Team Somerset Junior Travel Team  
Doug Antelman  
12 Kingsridge Road  
Frenchtown, NJ 08825

Note: Riders may include other accomplishments on their resume, which may include non-cycling experience.

The coaching committee will make the final athlete selections based on the applications submitted. The program is expecting to include 6-8 total athletes.

**All applications must be submitted by December 15, 2011.** The final athlete selections will be announced by December 21, 2011. Upon acceptance into the program, a medical note from a physician clearing the athlete for physical training and racing is required. Questions may be directed to Doug Antelman at dantelman@comcast.net or 908 361-3970.

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**Rider Responsibilities:**

1. Commit to a training program
  - a. Maintain a training and racing log
  - b. Attend team training rides at established sessions (individual needs will be addressed by the coaching committee)
2. Compete in designated races
  - a. State/Regional Championships
  - b. Syracuse, NY
  - c. Garden State Cup races
  - d. Other races TBD based on season goals
3. Proper conduct
  - a. Know and obeying USA Cycling rules and regulations
  - b. Be respectful of coaches, team members, race promoters and officials
4. Team Somerset club membership
  - a. \$200 membership fee
  - b. Riders and parents sign club release

**Coaching Staff:**

Jim Grill

Jim has been involved in coaching athletes since 1968 when he took a local club of Juniors to the Nationals in southern California. He has since been selected as the National Junior Team coach numerous times and worked with notables such as Greg LaMond, Marty Nothstein, Lance Armstrong and George Hincapie. Jim has coached nearly all the disciplines of road and track, taking teams around the world. His athletes have competed in the Olympics, the Giro d'Italia, and the Tour de France.

Joe Saling

Joe was the senior coach at Walden School of Cycling for 20 years. In the 1980s, he was the National Pursuit coach under Eddie Borysewicz ("Eddie B"), and coach/manager for the US Cycling Team to the New Zealand Summer Games in 1981. Joe has won National Championships in every discipline of the sport except sprint where he finished 2nd three times.

Coaching Consultant:

Mike Rosenhaus

Mike began his racing career as a Junior, earning a place on the Junior National Team at 16 years old. He was a member of the Senior National Tract Team from 1981-1984, earning medals under Jim Grill's coaching. Still racing today, Mike holds numerous district championship titles and in each of the past several seasons has finished in the top-ten in half the races he's entered.

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**Athlete Information:**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Age: \_\_\_\_\_ DOB: \_\_\_\_\_

List any medical condition that may affect your riding (allergies, diabetes):

\_\_\_\_\_  
\_\_\_\_\_

**Cycling Information:**

Years racing \_\_\_\_\_ Racing Category: Road: \_\_\_\_\_ Track: \_\_\_\_\_

List Camps/Clinics/Programs attended:

\_\_\_\_\_  
\_\_\_\_\_

Cycling Goals for 2012:

\_\_\_\_\_  
\_\_\_\_\_

List other sports and activities you do:

\_\_\_\_\_  
\_\_\_\_\_

Attach a race resume for the previous two seasons with the completed application. The resume should include a complete listing of races attended with event name, race category and date.