

REPORT

The activities of Continental Cycling Center Shuzenji in 2009

We'd like to report to you about our activities in 2009 as following.

Additionally, we'd like to say that the reports of each camp had already been sent to you in each case.

1. Holding training camp at Shuzenji

We held 2 training camp in Japan.

1) The First Training Camp

- a) Period from 15th May to 28th May 2009
- b) Number 3 coaches, officials and 13 riders total 16 person
- c) Name as appendix list

Comment

This training camp was held just before "2009 ACC Asia Track Cup Japan Round" was held at Yokohama Kagetsuen Keirin veldrome on 30th and 31st May 2009. All participants of our camp moved from Shuzenji to the venue and took part in the Cup. We programmed the training for basic skill and physical during the first half. And the program by us in the last half of period was set to focus on the Cup. In the result, the most of riders had their good condition and got many medals at the Cup.

1) The Second Training Camp

- a) Period from 24th September to 7th October 2009
- b) Number 1 coach and 4 riders total 5 person
- c) Name as appendix list

Comment

3 of 4 riders are 10's, so we trained them basically point in every way, physical, skill, mental and so on. We also could instruct them to a crumb by one-on-one, because the number was small group. All riders went at their hard training in earnest. We expect they become delegates of own country in the future.

2. Holding Mobile-sub center (training camp)

- a) Period from 3rd August to 12th August 2009
- b) Venue Tenggara velodrome in Kalimantan (Borneo) island Indonesia
- c) Number 6 coaches, officials and 16 riders total 22 person
- d) Name as appendix list

Comment

This training camp is held in every year for developing countries in South East Asia and South Asia can not come to Japan due to their economic problem. The aims were promotion, development and buildup at their countries. In this year, we held in Tenggara Kalimantan island Indonesia where is venue of Asia Cycling

Championships (Track and Road) was held just after our camp. We held training camp firstly in Indonesia, but we could have success in the camp by wonderful cooperation and hospitality from staff of Indonesia Cycling Federation. The success is confirmed by the result that all riders who took part in the Championships could get medals at the races. And we also could train to Indonesia and Malaysian young generation riders. So, we can say that we could contribute for development and promotion of cycling in South East Asia, too.

3. *The research for coaching system in Asia countries*

Regarding cultivation of coaches each country that's absolutely imperative for level up in Asian countries, we will research about the system in each country. Now, we are researching and investigating so that the researching becomes more effective. Also we are collecting basic information from coaches in Asia. We want to feedback in diverse ways and connect level up for coaches of Asia. Regarding coming into force, we'll use e-mail and other communication facilities, in addition, according to the circumstances, we'll visit to some competitions in Asia, each country and local for the research.

4. *Coaching clinic*

At each training camp, we also instructed coaches about planning training program, coaching method and so on based on sport science. The clinics were done at the training or meeting just after the training. And in some cases, we instructed to them about the role and order of their jobs of coach at competition just after some races in Asia. We improved cultivation for coaches.

5. *PR activities*

We met with concerned person directly at the competitions in Asia, we have prompted for participants to our training camp and tried to got new information so that we could response with increased flexibility from as many as possible of countries. Also, we cooperated competitive management at some Asian competitions in various scenes as a neutral position. We could contribute for development and promotion of cycling in Asia, too.

6. *About our activities in the future*

It's big news for us that we held training camp in Indonesia firstly. I heard they took part in Asian competitions from the past. But the situation of cycling in the country was not known too much without Jakarta area. However, in this time, Asia Cycling Championships was held in Kalimantan island and our training camp also was held in the same venue just before the Championships. We consider that's forceful event for them and there is no doubt that's contributory for development of cycling in Indonesia. Also at the training camp in Shuzenji, participation of young riders are increasing, so we'll focus on cultivation at next generation as well as wonderful riders who took part in our training camp at the past.