

## **REPORT**

By Continental Cycling Center Shuzenji

Continental Cycling Center Shuzenji (CCC Shuzenji) held “2010 First Training Camp at CCC Shuzneji”, accepted and trained cyclists and coaches in Asia area who recommended by their National Federation.

### **1. Period**

From 31<sup>st</sup> May to 10<sup>th</sup> June 2010

Continuously the all participants took part in ACC Track Asia Cup 2010 Japan Round in Hakodate was held on 12<sup>th</sup>, 13<sup>th</sup> and 14<sup>th</sup> June.

### **2. Participants as appendix list**

2 countries and 1 area      20 participants      (16 riders and 4 official, coaches)  
(Hong Kong China, Lebanon, Thailand)

### **3. CCC Shuzenji coaching staff**

General supervision	MASAO YAJIMA (Superintendent of CCC Shuzenji)
Staff	KAZUHIRO SATO (Manager of CCC Shuzenji)
Staff	NAOHIRO NODA (Assistant manager of CCC Shuzenji)
Head coach	AKIRA KATO (Head coach of CCC Shuzenji)
Coach	SHIGEKAZU HAGIHARA (Coach of CCC Shuzenji)
Coach	KAZUO MIYACHI (Coach of CCC Shuzenji)
Assistant coach	HISASHI FUJII (Assistant coach of CCC Shuzenji)
Assistant coach	SHOGO Koba (Assistant coach of CCC Shuzenji)

### **4. Facilities**

North 400m track, 333m track, 250m track, physical science room in Japan Keirin School, Weight training room, Cytel (accommodation), Meeting room / office / medical room (administrative tower), Restaurant (Lunch)

### **5. Item**

Disk wheels (front and rear), Spare wheels (front and rear), Transceivers, National Flags, Stop watches, Digital camera, Blankets, Vehicles (ban, 2ton truck, bus, ambulance car), Compressor, Heart rate monitors, PC, 1/1000 electric time keeping system, Starting block, Count down timer system, Rollers, Others (equipments, gears and so on)

## **6. Substance of training**

All participants of the camp took part in ACC Track Asia Cup 2010 Japan Round (hereinafter; ACC cup) was held in Hokkaido Hakodate Keirin velodrome just after the camp. We monitored their pedaling skill, pedal effort and so on by the special machine in physical science room at Japan Keirin School on the first day. We checked their riding form and position based on the result. We also trained their basic skill and physical by potential training in first half of the term. A latter half of the term, we programmed their training menu for each event that they joined at the ACC Cup.

Regarding team pursuit group of Hong Kong China, their association required to train them by own training program. So, we accepted their request.

## **7. Effect of Training**

In this time, trainees participated in from 2 countries and 1 area. I'd like to look at their effect by each country. And please see the appendix list about their results of the ACC Cup.

### Hong Kong China

We trained riders without team pursuit group. Especially, Ms. Lee Wai Sze who had taken part in our training camp from junior age recorded the all-time maximum speed in female riders at the monitoring. Other riders also took a proactive stance very hard training. We think this training camp became very meaningful one in their every way physical, skill, mental and so on. Additionally, the young male riders did hard training with sincerity, too. We can expect their great success in the future.

### Lebanon

The country participated in our camp for the first time. He specialize short distance and took part in Sprint and Keirin at the ACC Cup. He can speak English very well and tried to understand our direction and advices. We improved his riding form and pedaling, he could do effective pedaling. He is far from young, but in the future, he certainly becomes a delegation coach of Lebanon where is predawn stage at track cycling. We think he had a good opportunity to study for cycling from that standpoint.

### Thailand

2 female short distance riders participated in the camp from Thailand. The both of riders have experience to participate in our training camp. And their coach in Thailand also had participated in our training camp. So, their riding form, pedaling and so on are good. One rider's body is small, so her frame is big little too much for her body, but she did hard training with adjustment as much as possible.

## **8. Our responses in this camp and tasks ahead**

We trained our trainees at our north 400m track as much as possible. Because the venue of the ACC Cup, Hakodate Keirin velodrome is 400m track. We could arrange the using it by prior discussion with Japan Keirin School and Japan Professional Cyclist Association use for their training. We could get their understanding and cooperation. Also, the school cooperated with our camp for monitoring of rider's skill, too. We think could hold a good and meaningful training camp. Regarding meal, participants had breakfast and dinner at the hotel, the lunch was at restaurant in our center so that we could prevent loss in lunch time. Some riders have ineffable foodstuff by religious reason and we ordered to staff of

the restaurant to use light foodstuffs for afternoon training. They understood and kept pace the problems and orders as occasion may demand. Riders could take the approach the ACC Cup with their good condition for the cooperation of the restaurant staff. This effect can be proved by result of the ACC cup would be described below.

And we had to think participant's over weight charge at domestic airline in Japan when they transfer from our center to Hakodate. We had arranged everything for prevention of the excess payment. Therefore, we could minimize their economic liability.

### **9. Participant's impression and change of opinion and so on**

Mr. Wong Kam Po (HKG)

Thank you for your support and direction, especially for our young riders.

Mr. Raja Audi (LIB)

I could study for various and meaningful things about competitive cycling in this camp.

Mr. Maj Gen Decha Hemkrasri secretary general of Thai Cycling Association

Thank you for your training camp. Jutatip could get gold medal at Keirin race in this Asia Cup.

### **10. ACC Track Asia Cup 2010 Japan Round**

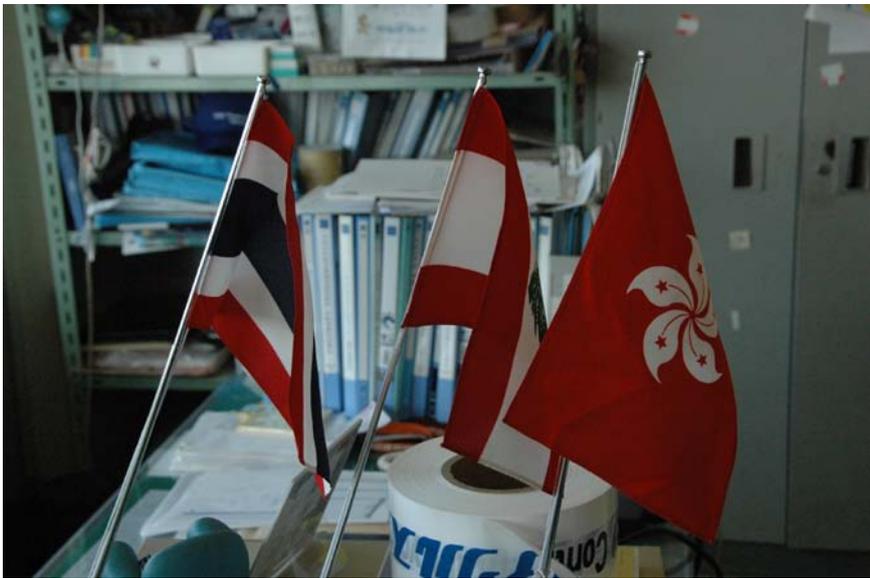
The cup was held in Hokkaido/Hakodate Keirin velodrome just after our camp. All our trainees took part in the cup. Almost riders got medals at the cup. Especially, Ms. Lee Wai Sze (HKG) who is mentioned the above got 2 golds and 2 silvers. At 500m time trial, she recorded 35sec.360. This is her best at outdoor velodrome. And the time have a gap over 1 second from 2<sup>nd</sup> place. Also Ms. Diao Xiao Juan won at omnium by a half point from 2<sup>nd</sup> place. Ms. Jutatip Maneephan fell sick in end of the camp, but she could recover her condition until the cup and got a gold medal at Keirin. Regarding the all medalists, please consult the appendix sheet.

We, CCC Shuzenji rent our road bikes to the countries where participated in our camp for recovery at the cup. Therefore, they did not need to bring the road bikes to Japan and they could prevent to pay excess fee for over weight at their flight.

Reported by NAOHIRO NODA

First Training Camp











ACC Track Asia Cup 2010 Japan Round in Hakodate







