Interested?

Contact the UBC Thunderbirds Cycling Sport Club Executive
cycling.sc@ubc.ca
facebook.com/UBCCyclingTeam/
@UBCCyclingTeam
@UBCCycling

TSC CYCLING STANDINGS
Margot Clyne, USA Hill Climb champion (2017)
Claire Andersen, U23 USA Mountain Bike champion (2016)
UBC Thunderbirds Cycling Sport Club

**ACADEMICS**

UBC Thunderbirds Sport Clubs (UBC TSC) is open to any Undergraduate, Graduate, or Exchange Students across all faculties and disciplines. Participants must enroll in at least 9 credits per semester (three courses) with minimum good academic standing, both semester and cumulative.

**Practices/Competitions and Academics**

Thunderbirds Sport Club athletes are students first, and athletes second. Athletes are expected to balance their sport and their academics in a responsible and organized manner. Since competition schedules require that the team leaves for away competitions over the weekends, athletes should look ahead to coordinate competitions alongside their academic commitments. It is ultimately up to the individual athlete to choose how to manage their time. It is important that the student works with their professors to make up for any missed assignments or exams in advance.

**COMETITION AND TRAINING**

The Cycling Sport Club typically rosters 20-25 athletes per season. Throughout the season, athletes are encouraged to attend weekly training sessions and develop their skills on the bike. All athletes are given fair and equal opportunity to compete throughout the season, with a requirement that each athlete competes in a minimum of 2 races per season. There are a maximum of seven race weekends, so there are many opportunities for athletes to compete!

The Cycling Sport Club competes in the Northwestern Collegiate Cycling Conference (USA Cycling) and the Union Cycliste Internationale (UCI). Typically, the team competes across the Pacific Northwest of the United States against other university teams, such as Western Washington University, Oregon State, Montana State, and Washington State, to name a few.

**Yearly Calendar**

**Practices:**
- September – April
  - Practices are held on the roads of beautiful Vancouver and can be anywhere from 1-5 hours in duration.

**Competitions:**
- March - April
  - Competitions are held on the roads of beautiful Vancouver and can be anywhere from 1-5 hours in duration.

**Time Commitment**

- Team Activities: 2 to 6 hours per week
- Individual Activities: 2 to 6 hours per week

**Try-outs and Requirements**

In the fall, cyclists of all riding levels are welcome to join the team at weekly training rides and experience collegiate cycling as a team sport. While previous experience is not required to try out for the team, particular importance is placed on a student’s commitment to the training and competition schedule. Ultimately, the decision to join the team will fall on the athlete.

**OUTSIDE OF THE SPORT**

**Philanthropic Work**

As a part of the TSC community, the Cycling Sport Club participates in multiple fundraisers throughout the year, notably the annual Spin-a-Thon event. All proceeds raised from Spin-a-Thon go directly towards the Right to Play organization, in support of their programs centered on helping Aboriginal youth in their pursuit for sport.

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**THE SPORT CLUBS EXPERIENCE**

"Riding and racing with UBC Cycling is an incredible way to get to know Vancouver and the Pacific Northwest. As a UBC TSC rider, you get to stay fit and improve cycling and race skills to work towards your own individual goals while also getting to meet great people and work together with them as a team. As a TSC athlete, you experience a sense of belonging with a team of like-minded individuals who share your competitive spirit. You also get the unique chance to race against collegiate teams in the USA."

- Blair Van Andel