

Home Depot Center Cycling Team

Overview

The Home Depot Center Cycling Team is led by Connie Paraskevin, four-time World Cycling Champion and Olympic medalist.

The team's mission is to advance and develop athletes by giving members the opportunity to develop their cycling skills and abilities through expert coaching, training, equipment and racing opportunities; while at the same time serve as an effective cycling initiative to increase visibility, brand awareness and provide partners with community involvement opportunities.

**“dream no small dreams,
for they have no power to move the hearts of men.” — Goethe**

“I want to create the kind of environment
where the dreams of others will ignite and flourish.” *Connie Paraskevin*



CP TEAM, INC.
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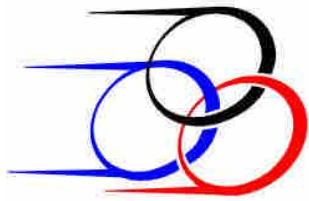
Home Team Advantage

The Home Depot Center is one of the top sporting facilities in the world for professional and amateur athletics, and is home to the ADT Event Center Velodrome - the only indoor cycling track in the United States. The 125 acre multi-sport complex includes cycling, professional soccer, tennis, track & field, and is a U.S. Olympic Training Site. The Home Depot Center Cycling Team is the “home” team of the ADT Event Center Velodrome. This world class facility provides the perfect environment for training cyclists of all levels.

Team Description - A linkage between the Youth of today and the Olympians of tomorrow

While some cycling teams bid for and pay big money to “hire” the best riders, Connie’s team will develop them. The first phase of our program leads up to the 2008 Olympic Games with our long term goal set to have team members on the USA Olympic squad in 2012. Our team members currently compete at the national and international level. The HDC team is the higher end, elite team, of a multi-level development system. Separately run but very much a part of the “big picture” are the junior and youth development programs operated by Cp Team. The development programs are the “farm teams” and help identify talent. HDC team members serve as mentors to less experienced riders in the system.

- **Team Members:** The 2007 roster includes five team members. Cassandra Holman, Catherine Fiedler, Becky Lang, Christine Barron and Sarah Chen.
- **TEAM CALENDAR:** The team’s focus is track racing with criterium road racing as secondary focus. The race schedule will prepare riders for seasonal target events such as the Elite National Championships, World Championships, and USA Cycling Team selection events. Team members will also participate in a number of grassroots cycling events throughout Southern California—events like the LA Marathon/Bike Tour and the Long Beach Marathon/ Bike Tour. These events are part of our team’s community fundraising and promotional efforts.



HOME DEPOT CENTER CYCLING TEAM

Team Players

Manager / Coach

Connie Paraskevin-Young: Connie brings over 25 years combined experience in bike racing, team management, special promotions and sponsorship programs to the team. As a four-time world champion and Olympic medalist, Connie knows what it takes to win. At the grassroots level, Connie's foundation operates the student cycling programs at the Home Depot Center. Student programs are designed to introduce children, age 9-14, to the exciting world of track cycling. The HDC and the AAF are Connie's youth program partners. When not on her bike, Connie is busy speaking and organizing corporate team building events in Southern California.

Coach

Roger Young: Former professional cyclist and Olympian, Roger has led athletes to World Championship titles and Olympic victories. After coaching the 1992 US Olympic Cycling Team, he moved to the position of Director of Athlete and Coaching Programs at USA Cycling. Included in the list of athletes Roger currently trains is 2005 World Champion, Jamie Staff. Roger is also the Director of Cycling at the Home Depot Center / ADT Velodrome.

Coach / Mentor Program

Karla Bland: Karla has over 16 years cycling experience. She became the first African-American woman to earn a medal at a world championship track cycling competition (1997 Master's Worlds in Manchester, England). Additional highlights of her cycling career include serving as pilot for a visually impaired rider in the 2000 Paralympic Games in Sydney. Karla holds a degree in Psychology and Kinesiology and is certified by the American College of Sports Medicine. She is also a USA Cycling certified Expert level coach.

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