



Steven Cozza

USA National U-23 Team

Category 1

Alumni of Team Swift Elite Squad

Age 19

The 2004 racing season is now over and I am really stoked on how the season went. Team Swift really set the groundwork in preparing me for the challenges I faced in Europe while riding with the U-23 USA National team. I can't wait for next year's racing season and the thought of getting back into training again and set myself up for a great 2005 season.

2004 Results

Place	Name of Event	Category	Location
1 st	Tour Du Haut Anjou, 2.7.1,	Time Trial	France
2 nd	Capri, France	Time Trial	France
2 nd	The Wevelgem Circuit Race	Road Race	Belgium
3 rd	19th GC, Vlaanderens Tweedaagse der Gaverstreek 2.6	Time Trial	Belgium
4 th	USA National Time Trial Championships	Time Trial	Park City
7 th	stage five, Tour of Nevers, 2.12,	Road Race	France
18 th	Le Triptygue des Monts et Chateaux 2.7.1	Time Trial	Belgium
22 nd , 77 th	Groote Mei Prijs Hoboken 1.5,	Road Race	Belgium
23 rd	11eme GP Criquelion, 1.6, 155 km,	Road Race	Belgium
28 th	Brussel - Ingoigem, 1.5,	Road Race	Belgium

Rankings

UCI 1.6 = One-day races for elite-2 under 23 riders

UCI 2.6 = Stage races for elite-2 and under 23 riders

UCI 1.7.x = One-day races reserved for under 23 riders only

UCI 2.7.x = Stage races reserved for under 23 riders only

WC = World Championships

GT = Grand Tour

What Three Races Would You Most Like to Win in the Next 5 Years?

- 1) U-23 Time Trial World Championships**
- 2) A stage in the Tour de France**
- 3) Any Big Race In Europe**

What Are Your Goals in Cycling?

My goal is to make it as a world class cyclist competing on the European Pro circuit working my way up to winning the Tour.

How Has Team Swift Helped You Accomplish Your Cycling Goals?

Team Swift was the foundation of my development. It was Laura who first introduced me to road racing and taught me the valuable skills needed to learn in the sport. Team Swift gave me the opportunity to compete in races that I would be noticed at by the National coaches.

What Racer Are You Most Like and Why?

I think I am most like Lance Armstrong. At the moment I am a great Time Trialist and will be able to climb well in the years to come. I feel that I can relate most to Lance when it comes to road racing.

What Advice Would You Give To Current Team Swift Juniors?

For the guys on the team don't build too much upper body muscle because when you start to climb against some of the best in Europe you will be wishing you had arms like a 12 year old girl. Listen and learn, listen and learn as much as you can at a young age, it will pay off. Racing your bike is a process and takes loads of patients. When you get to a certain point 5% of racing your bike is physical the other 95% is mental. It is the riders that are mentally tougher that win the race. If you ever have question or want advice on something my e-mail is Speedcycle33@aol.com .