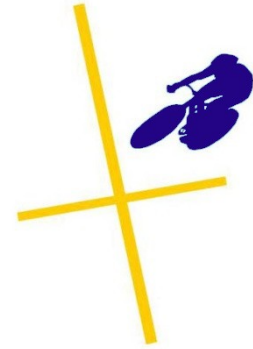


St Peter's College Cycling Club

Information for New Families Joining Cycling



Welcome

The St Peter's College Cycling Club offers Year 7 to 13 boys a chance to participate in road, track cycling and mountain biking. The club has recently grown to almost 30 boys, and for those parents that are keen cyclists themselves, it's great to have a sport where you can actively participate and train alongside your son. However many of us realise that we already can't keep up with our boys, and enjoy purely social and support roles!

Our Focus

There is a strong focus of safety first, followed by fun and achievement. Not all riders have the same objectives when taking up cycling and as a club we cater for pure recreational riding as well as competition. Several of our boys have won medals in road, track and mountain biking at local and national events.

Safety and Training

As a club we aim to teach boys how to ride safely before learning how to race safely. To ensure that boys are competent riders before being allowed to participate in bunch rides and road racing, we run a Cyclist Skills Training Programme for all new riders. This starts on Sunday afternoon, 24th February 2019 (TBC) for the rest of Term 1. Additionally a skills sessions will be held after school on Friday afternoons (TBC). All aspects of road cycling, bike handling skills, basic cycle and racing techniques and bunch riding etiquette are covered.

Although the club relies heavily on parental riders for training sessions, the overall direction, training plan development and spin classes are led by Head Coach Tony Songhurst who has represented New Zealand in both road cycling and elite duathlon championships.



Equipment

It's easy to pick up a second-hand road bike on TradeMe and the school has spare bikes which boys can use short-term if they are unsure about committing to the sport. Other cycling families also have second hand bikes to sell.

New riders do not need an expensive flash bike! We recommend the main focus is on a good helmet and good quality cycle clothing. Good performance is about the rider, not the bike and given cycling is a winter sport, it is important for riders to be adequately dressed for rides.

The growth of boys is significant during the ages 12-15 so it is very likely a 'second bike' may be required within a year or two, so the suggestion is to hold off on a decent bike purchase until you are sure the sport will be continued



Mandatory Items

- Bicycle
- Approved helmet
- Yellow hi-viz vest (compulsory for road rides)
- Working lights (front and back)
- SPC skinsuit for race days
- Wind trainer
- Saddle bag (containing spare tubes, tyre levers, pump (or gas canister)
- Drink bottle

Recommended Items

- Cycle computer
(with cadence measurement)
- Cycling shoes and cleats
- Clip-in pedals
- Gloves (summer and winter)
- Riding clothes
 - o shorts
 - o top plus
 - o optional jacket
- Arm warmers
- Leg warmers
- Sun glasses

Training Times

*Learn to Ride for
ALL new riders*

Starting 24 February TBC

*Additional session for
new Year 7 & 8 riders*

To be confirmed

Tuesday mornings

Spin class 6.45 – 7.45am
Start date TBC

Thursday afternoons

Spin Class 3:30 – 4:30pm
Starts March 21 @ 3.30pm
St Peter's College - The Pavilion

Sunday Mornings

Squad Training (road/MTB rides) or racing
Starts March 24

Time and Place to be advised

Cycling Camp

12-14th April 2018 (2 nights)
Miranda Springs



Schools Racing

Cycling as a sport has many forms. The discipline undertaken at school level by the cycle club covers road and mountain biking in winter, track cycling in summer.

Within the road racing discipline, the boys will encounter various types of racing including the following.

Event Type	Description
Road Race	Mass start events, winner first across the line
Criterion	Race involving multiple laps of a short course (1-2 kms) on closed-off streets (or car race tracks in the case of school events). General duration is short and can involve intermediate sprint bonus laps. Winner is first across the line on the last lap.
Points Race	Similar to Criterion, however consists of series of sprint laps where points are earned by the first 3 riders. Winner is the rider who has highest number of points at end of race.
Hill Climb	Fixed distance (Mt Wellington is 1.2 km) up a significant grade hill. Riders start individually (held starts) 1 min apart, with winner being the rider with the fastest time.
Individual Time Trial(ITT)	Individual start (held start) typically 1 min apart. Course is typically flat and involves an out and back course. Winner is the rider with the fastest time.
Team Time Trial (TTT)	Team event involving teams of 4 with 3 to finish (time taken on third rider crossing finishing line) for juniors, and teams of 5 with 4 to finish for seniors. Course is typically 16km distance for various school events.



Racing calendar

3 March	MTB Race 1	Riverhead
5 May	Points Race	Pukekohe Raceway
11-12 May	North Harbour Junior Tour	Kumeu/Albany
19 May	Team Time Trial Race 1	Pukekohe Raceway
26 May	MTB Race 2	Hunua
9 June	Team Time Trial Race 2	Pukekohe Raceway
16 June	ASC Road Race	Mauku
23 June	Team Time Trial Race 3	Pukekohe Raceway
30 June	Team Time Trial Race 4	Pukekohe Raceway
6 July	North Island Sec Schools Road Champs	Cambridge
28 July	MTB Race 3	Waitawa
4 August	Team Time Trial Race 5	Pukekohe Raceway
18 August	Team Time Trial Race 6 Finals Day	Pukekohe Raceway
25 August	MTB Race 4	Totara Park
7 September	Northern Tour	Mt Wellington
22 September	MTB Race 5	Woodhill
28 September	National Road Championships	Manawatu
4 October	National MTB Championships	Dunedin



Parental Involvement

Parental involvement in the cycle club is both essential and highly encouraged. Minimum parent/student ratios are maintained for group rides for safety reasons however there are many ways that parents can assist during the season (see table).

The club success has been built upon the efforts put in not only by the boys and coaches but of an active and supportive parent base.

Role	Description
Team Coach	Team skill development, leader on rides
Team Manager	Responsible for team logistics on race days - warm-ups, race numbers, reporting times, clothing pack mules etc.
Parent Rider	Assistance with group rides and training sessions
Marshalls	During the season, the club is called on to provide marshalls for various events for safety reasons. This can take the form of parking assistants, starters, traffic marshalling etc. Generally done on a roster when required.
Catering	Organise/assist with meal preparation at camps etc.
Supporters	Sideline support - flag waving, yelling, chalking roads
Drivers	Transporting girls and bikes to training sessions/race events etc.

Category	Amount	Description
Road Fee	\$375.00 \$300.00 (for 2nd child of same family)	Covers club activities, professional coaching, spin classes and entry fees for Auckland TTT series. Other entry fees subsidised as possible.
Skin Suit Fee	\$150.00	Depending on the growth of the boys, a skin suit could last an entire cycle career as they are only worn on race days. (This is a heavily club subsidised price)
MTB fee	\$150.00	Covers club activities, spin classes and entry fees for Auckland MTB series.
Combined Road and MTB	\$450.00	

