
Information Brochure

Road, Track & Mountain Bike Cycling



Sacred Heart College
AUCKLAND



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welcome



Sacred Heart College is following the global growth in cycling as the numbers in the school cycle club continue to climb. The club competes at national level from year 7 to year 13.

The school boasts a number of regional and national champion riders and a number of past pupils are now enjoying professional careers in cycling or have attained national representation at World Championship events.

There are not many sports where you can actively participate and enjoy the training hours alongside your son. The increase in speed and skill is rapid and an excellent fitness foundation is developed which assists the boys in many ways far beyond just cycling.

There is a strong ethos within the club of safety first, enjoyment second and winning third. Riders of all abilities, and across both codes of road, track and mountain biking, are catered for and wider family participation is encouraged. The training and various trips ensure a great variety of activity and lifelong memories and friendships quickly develop.

This Introduction brochure will inform you of what you can expect and what you are going to need over the coming years. If you have any further questions, please do not hesitate to contact either myself or any of the Club Committee members, or the teacher(s) in charge for more information.

Brendon Connolly
Chairperson

riding focus



	Recreational	Competitive Teams	Competitive Individual
Focus	Season kick off Ride for fun Bunch rides (optional attendance at all training & racing events)	Season kick off Road bunch rides Skills Development Social MTB rides Social Events College Sport Racing Spin, fitness and skills sessions	It is expected that these riders have individualised training programmes supported with coach guidance. Selected rides for: #North Island #Nationals

It is recognised that riders don't all have the same objectives when taking up cycling, and as a club we aim to cater for a range of ambitions, from recreational riding to higher level individual racing.

The club historically focused on Team Time Trialing (TTT) but has recently has expanded to include mountain biking, track racing and recreational riding, as well as general fitness and skills development. Members of the SHC Cycling Club can join as social riders and take advantage of skills and training opportunities as well as participation at camps and social events. Riders interested in representing the school at events can enroll as competitive members which includes entry to races, and assistance with travel logistics and accommodation (when required) for regional and/ or national events across all codes. Riders with elite ambition are able to receive individual expert coaching and guidance to foster their development and cycling goals.

riding fees



Annual fees for cycling are set by the club committee, with fees for the coming year updated on the SHC website.

Camp fees, and special events are additional. The costs vary depending on whether parents and other family members attend.

Fees will be charged to the parent portal at the start of Term 2.

Those seeking to ride competitively in MTB and road/track sign up for one cost and pay an additional \$50 surcharge to contribute to race entry costs for the additional code.

Race entrance fees are included in Competitive and Elite Fees

Mountain Bike riders receive a pass for 6 rides at Woodhill on payment of fees.

Fundraising

Over past years, fundraising activities have been undertaken to fund purchase of club assets. These include club wind trainers, cycle trailer, sets of aero helmets and subsidising payments for race skin suits.

Further fund raising is envisaged in future years. Raised funds may be used for further asset purchase or for defraying the rising costs of attendance at National Championships in Palmerston North and Timaru.

Application for grants will also be made via the school sports department.



required equipment

Cycling is not a cheap 'start-up cost' sport, and it feels like there is always something better to spend money on, however once initial equipment/clothing is purchased it can be a low ongoing cost sport - although be prepared for set up and maintenance costs as well as the time and logistics required for assisting your son to participate fully and safely.

All bicycle expenses are at individual's expense. Assistance is readily available from other club members for decisions regarding bicycle and clothing purchases and maintenance, there are also a small selection of bikes to hire.

Occasional offers are made during the year for subsidised purchase of various cycling items that are organised from various club members eg. fluoro vests, tubes, tyres, etc. In addition, some hand-down equipment can become available via other club members.

It should be stressed that having a flash bike is definitely not a pre-requisite nor encouraged.



In fact, particularly for new riders it is far preferred that attention be paid to the purchase of a good helmet and good quality, warm 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 11- 14 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.

Note: There is a 10% discount available at MEC, Long Drive, St Heliers for SHC cycling members.



Road and Track mandatory items:

- Bicycle
- Approved helmet
- Yellow hi-vis vest (compulsory for morning rides) – supplied by SHC Cycling
- Working lights (front and back)
- Cycling shoes and cleats
- Drink bottle
- Gloves (summer and winter)
- Clip-in pedals (e.g. Look, Keo)
- Sacred Heart skinsuit or race uniform races
- Saddle bag (containing spare tubes, tyre levers)

Road and Track recommended Items:

- Cycle computer with cadence measurement
- Wind trainer
- Riding clothes (shorts, and top plus optional jacket)
- Arm warmers
- Leg warmers
- Drink bottles

MTB mandatory Items:

- Bike
- Approved helmet
- Tool kit
- SHC MTB shirt
- Gloves
- Water bottle or camelbak

our coaching

The coaching structure within the Sacred Heart College Cycling Club is evolving as the club membership grows. The club relies heavily on parental involvement for coaching and leading training sessions, however overall direction, training plan development, and spin classes are all taken by Head Coach, Logan Mort. Logan has been associated with Sacred Heart College cycling for the past three years and has been instrumental in the building of the clubs success. As a professional cycle coach we are very fortunate to retain Logan's services.

Detailed training programs are developed for all teams by Logan. These programs are tailored towards peaking for the various major inter-school competitions and differ dependaning upon grade, code and nature of the competition.

Logan will work directly with the various team leads, with a regular coaching meetings occurring during the season. Final team selection will remain with Logan, however the team lead will have input into recommendations and will undertake training of the nominated team(s) in accordance with the recommended guidelines and training plans. The Coaching role also acts as facilitator of communication and ensure continuity, cover etc. exists on various club rides.





bike storage

There is a secure cycling shed on the school grounds where boys can leave their bikes at any time. A common practice involves bikes being dropped at school with the boys on training days ready for spin class after school.

The shed is also the location for other club assets (tent, wind trainers etc).



www.schoolscycling.nz



“Team selections are typically not fixed for a season.”

team selection policy

Progress with cycling competence can change rapidly during a season and as such, team selections and squads are typically not fixed for a season (unlike other sports). This can take some adjustment, however past experience has reinforced the effectiveness of such a rotation policy. It has been found that exposing boys to racing with more experienced riders can rapidly develop their speed and confidence when riding ‘up’ with faster teams. Conversely, boys may occasionally ride ‘down’ with other teams to help develop other riders, providing valuable opportunities for leadership development and mentorship.

Rider health also plays an important role during the season and being a winter sport where training is undertaken early morning in cold, sometimes wet conditions, maintaining a full healthy team throughout the season also presents a challenge. Recovering riders can ease back via lower level squad rides etc. as it is recognised that maintaining top form throughout the whole season is certainly not guaranteed.

There remains a constant balance between ensuring all riders are given opportunities and maintaining the highest performing teams, with all the variations that occur during the season. Thus the team selection is maintained at a highly transparent level with final decisions being made by Logan Mort as the Head Coach/selector where appropriate to ensure a non biased approach to team selections.

During any championship series, team selections will typically be announced with sufficient time to allow the team to train and ride together later in the week prior to a race. Some events are more serious than others. In mountain biking for example, all levels of ability are encouraged to enter the Auckland Schools Race Series as these events are not team based but track individual performance. In consultation with the coach, riders will have a good sense of their strengths and weaknesses and will be able to make informed decisions about participation in events. Riders are also encouraged to seek the advice of more experienced peers in the club.



cycle induction

ROAD

The issue of road safety is taken very seriously within the club, and we want to make sure that boys are competent riders before being allowed to participate in road races or bunch rides. It is an objective that the boys enjoy their cycling and become comfortable riding on open roads. To assist this development, a Cyclist Skills Training Program is run for all new riders.

This will commence during Term 1, prior to main cycling season, and will cover all aspects of road safety, bike handling skills, basic cycle and racing techniques, bunch riding etiquette etc. The road safety component will be run in alignment with the Cyclist Skills Training Framework as published by NZ Transport Agency in 2010.

It is expected that riders will achieve a Grade 2 level meaning they can demonstrate skills to cycle confidently in low traffic environments. All rides in early years will be accompanied by team coaches and parent riders.

The first few sessions of skills training is conducted in a non traffic environment, before venturing onto the open road.

MOUNTAIN BIKE

Those joining only to MTB will not be riding on the open road but will still need to demonstrate considerable safety awareness. Upon sign up riders will commence the Grade 2 MTB certificate. These will include rider etiquette, safety, and basic first aid awareness as well as provide an opportunity to develop a bond between new members of the club. Boys will be required to graduate from this program in order to participate fully in all club activities.

TRACK

Auckland Cycling rents track bikes and holds learn to ride sessions at Manukau Velodrome. It is recommended that new riders start here before progressing certification to ride at the Cambridge Velodrome.

training guidelines

The training and development programs cater for both skills and fitness, with emphasis changing during the season dependent upon upcoming events.

Senior (4-6 rides):

Typically 1.5 – 2 hr duration, inclusive of hills, speed average 26-30 km/hr

Intermediate (4 rides):

1 – 1.5 hrs duration, speed 24-27 km/h

Junior (3-4 rides):

Typically new riders and Yr 7/8s , 40 mins – 1 hr. Speed average 20-24 km/hr (mostly flat). Focus on safety, skill development and confidence riding in bunches.

Active participation across a range of sports is encouraged. Spin class becomes a key component of the training program throughout the year.

The weekly team training schedule is published by Coach Logan.

Training Type	Description	Frequency	Size	Purpose	Taken By
Spin and General Fitness Training	Stationary bikes and other cardio and strength training	Weekly-Tuesday and Thursday afternoons	Entire club	Aerobic and anaerobic development	Logan Mort
Squad	Bunch/group rides	Sunday, once a month	Entire club meets before breaking into squads for the Sunday session.	General bunch riding skills, fun (endurance riding with specialist intervals later in the season)	Logan, plus parent leads

schools racing



Cycling as a sport has many forms.

The discipline undertaken at school level by the cycle club covers road cycling , track cycling and mountain biking.

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 Criterium 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 Criterium, 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.
Mountain Bike	Mountain Bike races are organised by age (taken at 31 December of the current year). As an example, Under-13 may do two laps of a course, up to Under-19 who may do 4 laps.
Track Racing	Track racing falls into two disciplines of Sprint and Endurance and includes Individual Pursuit, Point Racing, Madison, Sprints and distance with gearing restricted until Under-19



Road and Track Racing

All racing is done within age group categories, with race distances typically getting longer with higher age groups.

Age groups are determined by the riders age on 31 December of the current year.

For the Time Trial Championship Series there are only 2 categories:

- Junior – U16
- Senior – U20

Major individual events are generally run in age group years.

Restrictive gearing is in effect for all school racing (and junior club racing). This means that younger riders are restricted in what gears they can use to avoid undue stress being exerted on developing leg muscle groups, and to provide an equal footing competition base. The focus for speed development thus becomes leg rotation speed (cadence), as opposed to raw power.

Gearing can be restricted by disabling gears on either the front or rear derailleur. Alternatively specific school cluster cassettes can be purchased which have reduced gear ranges that meet the school race guidelines. Full assistance will be provided to ensure bikes are set-up correctly - this will be done for all riders early in the season.

For more information on races, rules and regulations, please visit:
schools.cyclingnewzealand.co.nz

cycle awards

There are two different categories of cycling awards that are presented annually:

- School cycling awards (presented at the Sacred Heart Sports Awards night) and;
- Club Cycling Awards (presented at year end team BBQ).

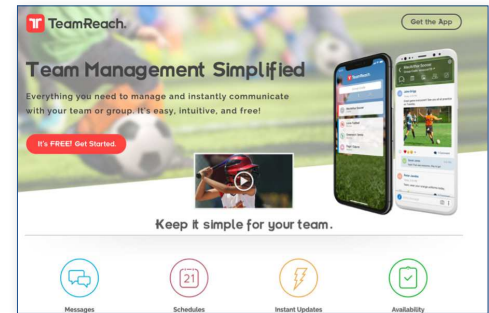


communications

Communications are sent both the parent/guardians and to the riders directly. We encourage the boys to take an active role in understanding what they need to do in preparation for training, events and other activities.

The general format is communication starts towards the end of February, in preparation for pre-seasons training.

- Our main communication portal is via the TeamReach app.
 - All parents/guardians and riders are expected to download the app Team Reach
 - This will be where all communications will be held (121 and group), training, the annual event calendar (which you can easily add to your calendar) and all race information regarding logistics and requirements.
 - Each week the coach will also provide any updates on that week's training and events
 - Each year you will be sent a new code to get access to our Group – it changes annually for privacy reasons



- There is a Sacred Heart College Cycling Club private Facebook Group which members can see photos and news on the team
- Newsletters are distributed typically once a month throughout the season via email to update on results, performance and any other highlight information
- In addition, we aim to hold a Parent's Information Meeting at the start of the year for all new riders and a social parent evening to meet other parents and discuss the objectives for the year and any other key items for discussion

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
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 boys and bikes and equipment to training sessions/ race events etc, tail end charlie on morning rides.



committee members

The club has a committee which meets monthly during the season and manages the planning of all events entered into or undertaken by the club. All committee members have sons who are club riders and are keen cycling enthusiasts.

The committee includes support from teacher representatives each year who assist with supporting events and training.





Be safe -
Have fun -
**Embrace
the ride**