

Annual Plan and Position Statement

Cycling Southland Junior
Division

Index

- Mission Statement
- The Team
- Friday Night Track Racing
- Saturday Road Racing
- Road Start Sheet
- Time Trial Start Sheet
- 2010 ILT Road Series
- Stakeholders
- Junior Development
- Resources
- Buddy Mentoring
- Education Programme
- Social Programme
- Trophies
- Major Sponsors

Mission Statement

To promote the development of young people through the sport of cycling

- **Junior Cycling Aims:**
- To provide an atmosphere of fun, friendship, and sportsmanship.
- To provide a supportive environment, encouraging excellence in cycling.
- To nurture the psychological and physical wellbeing of our members.
- To provide appropriate education and coaching.
- To provide resources to support club programs.
- To primarily cater for riders under 17 years of age.

The Team

- **Convenor of Junior Cycling Southland**

- Is elected each year after nomination from club members
- Liaises with Cycling Southland CEO, Executive and Junior Cycling members
- Ensures minutes of Junior Division meetings are forwarded to Executive meetings
- Organises meetings of Junior members on a monthly basis on at least 10 occasions throughout the year (3rd Wednesday of each month where possible)
- Chairs or delegates the role of chair for the above meetings
- Liaises with Cycling Southland coaching and development personnel regarding juniors
- With the help of the junior treasurer and committee set a budget for the year and produce a financial report at the end of that year
- Liaises with sponsors of different events and keep a record of these meetings and any agreements put in place with the prior approval of Cycling Southland Executive
- Organises with the junior race committee and the Senior Convenor a programme of racing on both road and track
- Works with the junior committee team to ensure that the spirit of the mission statement is upheld
- Liaises with the local media to promote Junior Cycling with articles and results of races and events run
- The convenor is expected to delegate some of these responsibilities to members/parents of Junior Cycling.

- **Treasurer**

- Works with the committee to set an overall budget for each year with sub budgets for Road , Track and Junior Tour of Southland
- Furnish financial updates for Junior Div meetings via the Cycling Sthld office
- Works in consultation with the Junior Convenor and Committee to maintain prudent management of the Junior Divisions funds as they are used in the pursuit of our Mission Statement

- **Secretary**
 - Will faithfully record the minutes of meetings throughout the year
 - Will be responsible for receiving and sending all correspondence and keeping a record of these
 - Communicate with the junior members with minutes and meeting times.
- **Race Committee**
 - Will develop a program of racing on the track and road in consultation with the senior club members and the regional coach
- **Road Safety management**
 - Work with the STMS to be sure that all traffic management issues are brought to the attention of Junior Cycling so as racing can be conducted appropriately.
 - If there are any issues relating to safety these are brought to the committee's attention.
- **Social Activities co-ordinator**
 - Coordinate social activities for our junior members.
- **Education Officer**
 - Responsible for coordinating and developing an annual education programme in consultation with the junior cycling committee.
- **Regional Coach**
 - Liaise with junior cycling to develop an annual plan that can be notified to the juniors each year.
- **Results compilation**
 - Take results from events and place them on a spreadsheet.
 - Each week the spreadsheet will be updated and forwarded to the office for publication on the Cycling Sthld website
 - Will forward results to Cycling Southland office for publishing on the website
- **Committee members**
 - Will attend meetings notified and contribute to the smooth running of junior cycling
- **All other stake holders but especially the riders and their parents**
 - It is the responsibility of all members and parents to help with the smooth running of our junior programme
 - New ideas and thoughts about how we can improve our objectives are encouraged
 - Your attendance at regular monthly meetings is most welcomed

Road Race Team

- Race Manager
- STMS
- Handicapper
- Entry Steward
- Results Compiler

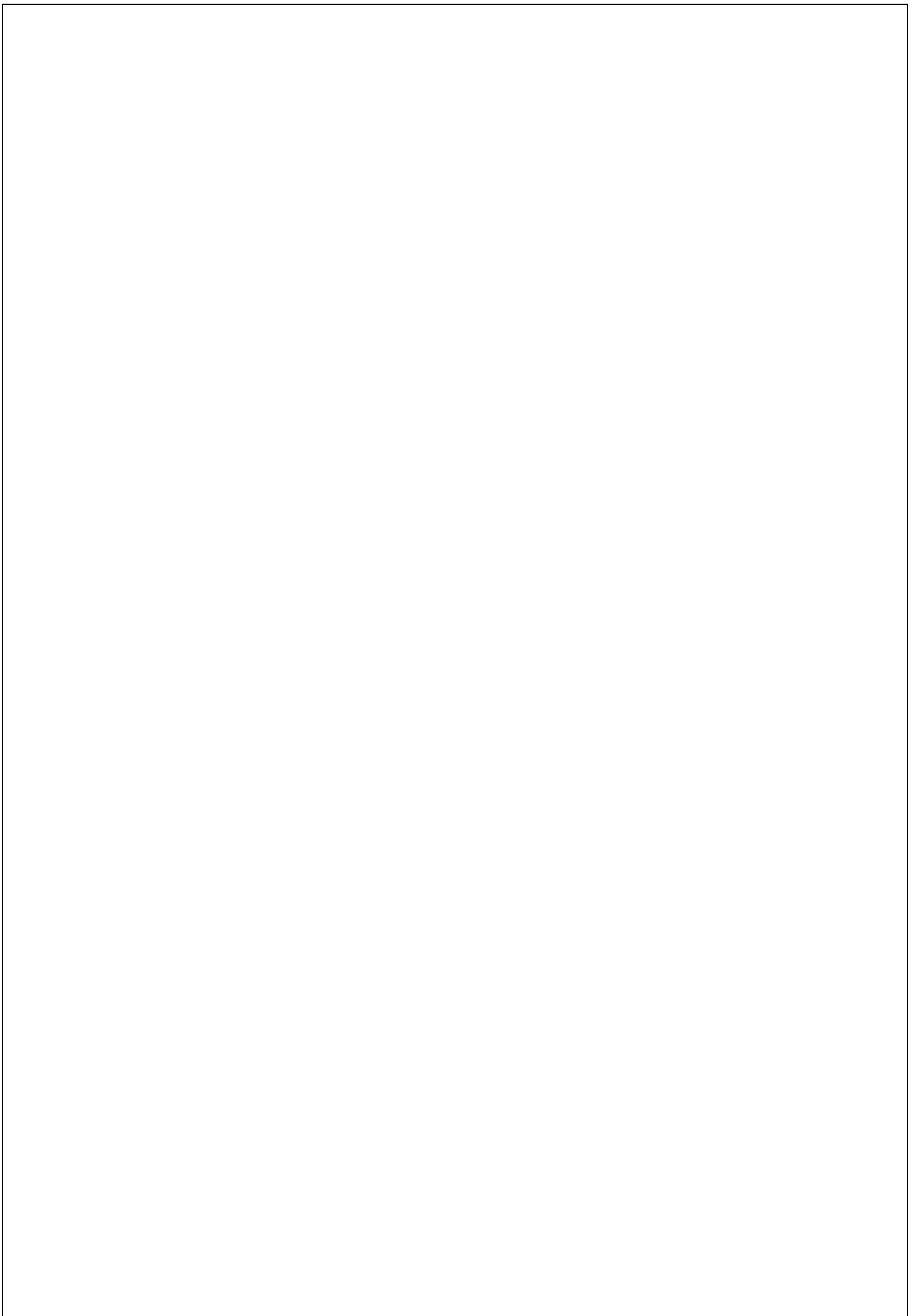
Track Team

- Race Manager
- Handicapper
- Entry Steward
- Parental Help
- Results Compiler
- Starter
- Holders
- Timers
- Judges

Friday Evening Track Racing Manager's Responsibilities

1. Send out an email to remind riders that this is on or if cancelled. Contact the office of Cycling Southland on 03-217 3215 or email them on: <mailto:office@cyclingsouth.org.nz>
2. Pick up the evening Race Kit from the office of Cycling Southland. Ph 2137215. It will include a first-aid bag and a stopwatch.
3. Arrive at the track at 5.30pm to take registrations. \$5.00 each. Sign in sheet attached
4. Organise for other parental help.
5. Check with the Stadium that the nets can be taken up. Ph.2171200
6. Check that the track is safe. E.g. nets are secure and no material is left on the grey zone.
7. Riders are not to get onto the track until 6pm.
8. Organise races- Maximum 16 riders in any one race.
 - a. Warm-up for 10-15min (practise riding in a train)
 - b. 250m ITT or 500ITT for U15/U17/U19
 - c. Scratch races based on times in ITT
 - d. Handicap races based on results of Scratch races- each sec approx 10 meters
 - e. Olympic Team pursuits
 - f. Eliminations
 - g. Reverse Eliminations
 - h. Warm down
 - i. Point a lap
 - j. Ethiopian Pursuit
 - k. Australian Pursuit
 - l. Team Pursuit
9. Remind riders to place their bikes in racks the right way.
10. Remind riders of any races on Saturday if any.
11. Return entry money for banking with registration list and ITT times to office .
12. Return first aid bag to office.

Notes- enlist the help of all parents present. You will need holders, lap scorers, starters, timers, judges, parents to help set up bikes etc.





Saturday Junior Road Riding

Manager's Responsibilities

1. Send out an email to remind riders that this is on or if cancelled. Contact the office of Cycling Southland on 03-217 3215 or email them on:
<mailto:office@cyclingsouthland.co.nz>
2. Laise with our Events Manager, Senior Convenor within Cycling Southland about getting the van with signage and cones and Road Traffic Management Plan.
3. Pick up the first-aid bag from the office (if applicable)
4. Pick up two stop watches from the office (if applicable)
5. Pick up prizes from the office (if applicable)
6. Arrive at the venue at least 30min prior to race start time to take registrations. \$5.00 each (as designated in race programme). Sign in sheet attached
7. Organise for other parental help- marshals, results collation, sign on, traffic management. **The race cannot start until all marshalling positions have been allocated.**
8. Give a briefing prior to starting each division or bunch if handicap racing. Manager is to have a map of the course and allocate the marshalling position.
9. Remind riders of any races on during the following week- especially Friday.
10. Have the Junior Cycling prize giving.
11. Return entry money for banking with registration list and ITT times to the office.
12. Return first aid bag to office and request replacement of used items.
13. Write a report for the newspaper and email to sport. <mailto:sports@stl.co.nz>

(Notes- enlist the help of all parents present)

Individual Time Trial Start Sheet

Start Time	Rider	Actual Time	Adjusted Time
0:01:00			
0:02:00			
0:03:00			
0:04:00			
0:05:00			
0:06:00			
0:07:00			
0:08:00			
0:09:00			
0:10:00			
0:11:00			
0:12:00			
0:13:00			
0:14:00			
0:15:00			
0:16:00			
0:17:00			
0:18:00			
0:19:00			
0:20:00			
0:21:00			
0:22:00			
0:23:00			
0:24:00			
0:25:00			
0:26:00			
0:27:00			
0:28:00			
0:29:00			
0:30:00			
0:31:00			
0:32:00			
0:33:00			
0:34:00			
0:35:00			
0:36:00			
0:37:00			
0:38:00			
0:39:00			
0:40:00			
0:41:00			

0:42:00			
0:43:00			
0:44:00			
0:45:00			
0:46:00			
0:47:00			
0:48:00			
0:49:00			
0:50:00			
0:51:00			
0:52:00			
0:53:00			
0:54:00			
0:55:00			
0:56:00			
0:57:00			
0:58:00			
0:59:00			
1:00:00			
1:01:00			
1:02:00			
1:03:00			
1:04:00			
1:05:00			
1:06:00			
1:07:00			
1:08:00			
1:09:00			
1:10:00			
1:11:00			
1:12:00			
1:13:00			
1:14:00			
1:15:00			
1:16:00			
1:17:00			
1:18:00			
1:19:00			
1:20:00			
1:21:00			

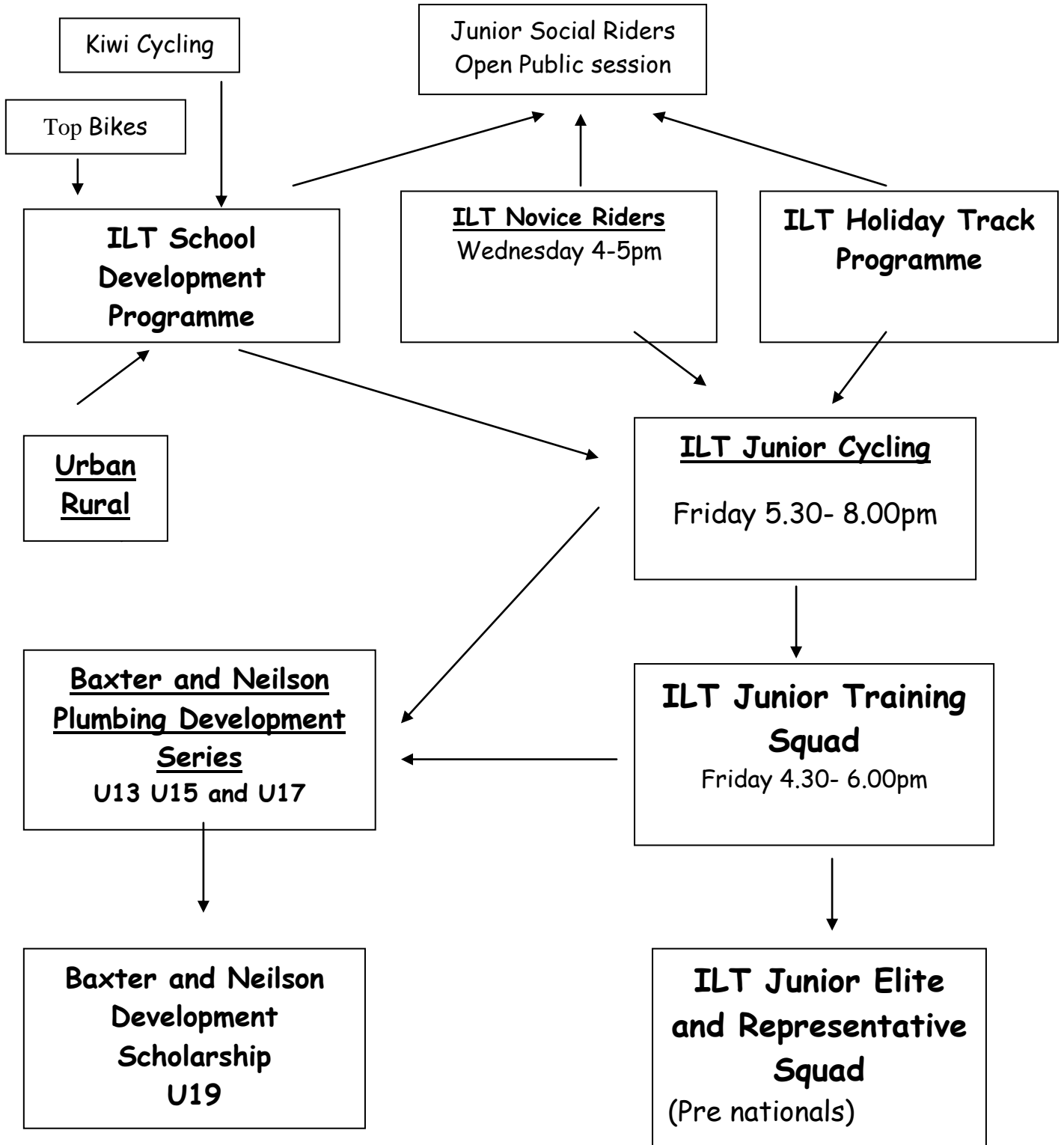
2010 ILT Road Series

- This series was run over eight races in conjunction with the senior division road racing.
- Riders were split over three divisions. (Div 1, Div 2, Div 3) Broadly under 13's raced in Div 3, under 15's in Div 2 and under 17's in Div 1
- Points were allocated on finishing order in each division. 1st=20pts, 2nd=15pts, 3rd=12pts, 4th=10pts, 5th=6pts, 6th=4pts, 7th and onward=1pt.
- Handicapping was carried out by allocating at times double points for females, traditional time based handicapping or variations as appropriate. With the juniors often riding in the open fields it was important to laise fully with the senior convenor and manager and to ensure that all senior riders competing were made aware that the junior riders were not taking their money or points.
- The ethos over the series was to have the best riders (both male and female) to be competing closely at the end of the series making sure that those who participated regularly also should be at or near the top of the leader board. Handicapping was used to balance out the fields, share the wins around, and to ensure the series retained interest till the end.
- Riders were to some extent guided into an appropriate grade for good competition and development. Where a rider in the same division rode in a higher senior grade than another rider, the rider in the higher grade automatically claimed the higher points irrespective of their finishing place in that grade. i.e. Rider A finishes in first place in B grade. Rider B finishes in last place in the A grade. Rider B will get 20 pts for the day and rider A 15 pts.
- Entry fee was charged as per usual however no prize money was paid out during the series. Riders were recognised for their efforts on the day and were awarded chocolate fish or similar with the odd spot prize thrown in. At the series conclusion prize money of 100-00 for 1st, 75-00 for 2nd, 50-00 for 3rd was paid out in each division. In conjunction with this a number of spot prizes(i-pods, jerseys, cycle shop vouchers etc) were drawn out of the hat, available to all who competed in 5 of the 8 series races and who were in attendance at the prize giving evening.

Stakeholders

- Riders
- Parents
- Cycling Southland Office Staff
- STMS
- Senior Riders
- Cycling Retailers
- Sponsors
 - ILT
 - Yunca
 - Baxter and Neilson Plumber's
 - All others
- Schools
- Road Users

Junior Development



Junior Development

Mission: to increase the numbers of young people involved in cycling at all levels of our sport.

Process: To provide as many opportunities for the young people of our community to participate in cycling in whatever discipline they choose and to whatever level of competence.

Narrative: presently there is a number of under 19 year olds, principally school age persons interested in giving cycling a go. This is a direct result of the availability of the ILT Velodrome. This facility has meant that cycling has become an all weather sport and the spin-offs for the recreational and elite junior cyclist in our community has been enhanced (see the results of our National Track Champs as an indication). These include but not limited to a greater interest in single events such as is offered by the MTB club, Saturday racing, time trials and bunch riding.

Future Direction: To strengthen the ties between junior club members it was deemed necessary to have some social events associated with our juniors riding and to integrate our more experienced riders with our new riders. We also realised that the strength of our junior riding lies with the help of the parents of riders. To this end the ILT Junior Cycling Club was established. To have some control over the numbers entering, riders wishing to ride the track need to go through either the schools programme, holiday programme or the ILT Novice Programme run after schools on a Wednesday. Once they have been deemed to reach a level of proficiency they are referred to the ILT Junior Club.

It is proposed that once a critical level of track riding skill is achieved that they be then invited to proceed to the ILT Track Development Squad. It is proposed that this be held prior to the ILT junior Track Club meeting. From this Development Squad riders will be selected to represent our province at appropriate events.

It would be expected that those wishing to move through to the development squad would ride road during the club road season.

A public Junior session needs to be provided for junior riders who wish to ride the velodrome on a social basis only as happens with the lunch roll for senior riders.

Resources:

1. Financial

- There needs to be identified clear funding for our junior development on Track and Road.
- Parents need to know what they are up for in advance.
- Budgets should be prepared for the different disciplines eg Track, Road, Yunca Tour.

2. Human Resources

- Our Staff at Cycling Southland.
- Our parents.
- Our senior members.
- Other community members with a cycling pedigree who are waiting to be asked to share their knowledge.

3. Intellectual

- Use our collective knowledge to develop strategies to enhance cycling in Southland. Eg. Clear transparent criteria for our junior cyclists to aspire for selection to represent our province at national or international events.
- Have clear and well thought out processors by which events are run.
- Have clear measurable objectives for our organization to achieve.
- Use the intellectual knowledge in our community to enhance our juniors cycling experience.

4. Development

- We need to formulate an information pack for our new members.
- We need to run a series of workshops covering basic information and training of riders and their supporters- most often parents, in such things as nutrition, clothing, bike maintenance training, bunch riding to name a few.

Buddy Mentoring

What is Buddy Mentoring and what are the benefits?

Buddy Mentoring is about sharing experiences, knowledge, motivation, drive, focus and providing invaluable advice between the Buddy – new cyclist, parent, administrator and the Mentor – the cyclist, parent, administrator with experience.

What is expected?

There must be trust, respect and a genuine commitment.

Mentors volunteer their time outside the requirements of their own interest. The Buddy should be appreciative of their Mentors time and effort.

How can the Mentor help?

- Advice, guide and serve as a role model.
- Be a good listener.
- Ongoing contact and support throughout the year.
- Be a source of information.
- Help explore expectations.

How do I become involved either as a Mentor or a Buddy?

Contact the Office of Cycling Southland 2173215 or <mailto:office@cyclingsouth.org.nz>.

Education Programme

- Bike maintenance
 - tyre changing
 - adjusting derailleur
- Clothing for Track and Road
- Nutrition and Sleep
- Coaching/Programmes
- Stretching/Strengthening
- Public speaking
- Map reading for adults re routes for races
- What bike to buy
- Gearing
- Rules of Races
 - Track races
 - Road races
- Information pack for new riders
- Commissaire training
- STMS training
- Marshall training
- Riding in a bunch
- Racing Tactics
- Night riding

Social Programme

Organised social events

- MTB racing
- Horse track Racing at private track or Ascot
- Beach racing
- Teretonga Park
- Woolstores Lorneville
- Poker Run
- Movie Night/ Ten pin bowling.
- Table tennis
- End of season dinner
- Post race social gathering

Trophies

Track Trophies

- SBS U15G
- SBS U17G
- SBS U15B
- SBS U17B
- Most improved rider
- ILT U17 Ollie Henderson Memorial Trophy 1500m Handicap

Road Trophies

- ILT U17 Winter Series
- Yunca U19M
- Yunca U17B
- Yunca U13
- Bill Hoffman Memorial Trophy (same day as Gore/Invercargill)
- Curtis Dunn Memorial Div 1 Trophy
- Curtis Dunn Memorial Div 2 Trophy
- Curtis Dunn Memorial Trophy Fastest Time

Other Trophies

- Most improved Junior

Major Sponsors of Junior Cycling

Invercargill Licensing Trust and Invercargill Licensing Foundation

- Development
- Track and Road events

Yunca Heating

- Junior Tour of Southland

Baxter and Neilson Plumbers

- Baxter and Neilson Plumber's Development Omni Series (track)

Wensley Avanti Plus

Cycle Surgery

Gladstone Cycles