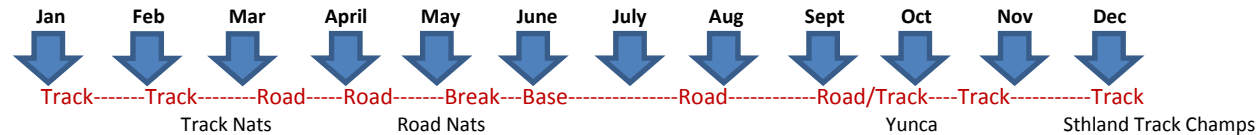


Cycling Southland - U13 / U15 - 2012-2013 Yearly Plan



Month / Year	Events	Focus
May 2012	Club Track roll – Tuesday 29 th May 6-7pm	Having a break from structured training! Doing some cross training (running, duathlon, mountain-biking, swimming, winter sports), riding your bike for fun!
June 2012	<p>U13/U15 Road Ride or “Suffer-Fest” indoor trainer session & Core Session- Mondays 4-6pm (n.b: no ride on the 4th June- Queens Birthday)</p> <p>Club Track rolls – Tuesday 5th June 6pm-7pm & Tuesday 26th June 6pm-7pm</p> <p>Club Track Racing – Tuesday 12th June 6-7pm</p> <p>Performance Development Workshop – Strength & Conditioning - Tues 19th June 6.30pm-8pm Sarah Ulmer Lounge</p> <p>Baxter & Neilson Track Series Begins - Friday 29th June 6-7.30pm</p>	<p>Base work, winter sports, duathlon, mountain-biking, general conditioning (core work, strength work etc), keeping legs ticking over on the track with club roll, and a couple of race nights – Baxter & Neilson begins!!</p> <p>Every Monday we will be having bunch road ride between 4-5pm for all U13/U15 riders OR if the weather is bad or it is too cold/icy, a wind-trainer session between 4-5pm in the lock up under the track, riding to a ‘Suffer-Fest’ video (good fun training sessions to footage of European Racing!). So bring your wind-trainer just in case!!! From 5-6pm we will be having core / conditioning / stretching session. Meet at 3.55pm at the Velodrome. Bring: Lights, warm& reflective clothing, food (e.g lollies, muesli bar, banana & chocolate milk for afterwards!) water, electrolyte drink, a towel and your windtrainer/indoor trainer.</p> <p>PERFORMANCE DEVELOPMENT WORKSHOP – Strength & Conditioning! I would like all Junior Riders to come along to this! Bring along any questions you may have!</p>

	<p>Saturday Road Racing Begins - 30th June – <i>Waianiwa Time Trial - 1st in Winter Points Race Series</i></p>	The start of Saturday Road Racing!
July 2012	<p>U13/U15 Road Ride or “Suffer-Fest” indoor trainer session & Core Session- <i>Mondays 4-6pm</i></p> <p>Club Track rolls – <i>Tuesday 3rd July 6pm – 7pm & Tuesday 24th July 6pm-7pm</i></p> <p>Club Track Racing – <i>Tuesday 10th June 6-7pm</i></p> <p>Performance Development Workshop Recovery / Stretching- what does this all mean & how important is it? Tues 17th July 6.30pm-8pm Sarah Ulmer Lounge</p> <p>Baxter & Neilson Track Racing Friday 20th July 6pm-7.30pm</p> <p>Saturday Road Racing <i>7th July –Donavon Points Race - 2nd Race in Winter Points Race Series</i> <i>14th July - Woodstock</i> <i>21st July – Gorge Road - 3rd Race in Winter Points Series</i> <i>28th July – Riverton - Fairfax</i></p>	<p>Base work on the road (this phase focuses on what is called “Strength Endurance” – longer efforts & rides with less of a focus on intensity, but still keeping some intensity in there (racing ticks this box!). Also continue with winter sports, general conditioning (core work, strength work etc), keeping legs ticking over on the track with club roll, and a couple of race nights – including Baxter & Neilson!!</p> <p>Weekly Monday road ride / indoor trainer session and core / stretch session. Meet at 3.55pm at the Velodrome. <i>Bring: Lights, warm & reflective clothing, food (e.g lollies, banana, muesli bar & chocolate milk for afterwards), water, electrolyte drink, a towel and your windtrainer/indoor trainer.</i></p> <p>Performance Development Workshop – please come along!</p> <p>Weekly Saturday Club Road Racing.</p>
August 2012	<p>U13/U15 Road Ride or “Suffer-Fest” indoor trainer session & Core Session-</p>	<p>More focused Road Training in build up to the Yunca Tour. Keep on with core work / conditioning</p>

	<p><i>Mondays 4-6pm</i></p> <p>Club Track roll – Tuesday 7th August 6-7pm</p> <p>Baxter & Neilson Track Racing - 10 August 6pm-7.30pm</p> <p>Pre-Junior Worlds Track Carnival – 11th August - Evening</p> <p>Club Track Racing – Tuesday 14th August 6-7pm</p> <p>Junior Training Camp – Borland Lodge 17th – 19th August</p> <p>JUNIOR WORLD CHAMPS 22nd – 26th August</p> <p>Saturday Road Racing 4th August – Mabel Bush (4th Race in Winter Points Race Series) 11th August – Te Tipua – Beast of the East (5th Race in Winter Series)</p>	<p>Weekly Monday road ride / indoor trainer session and core / stretch session. Meet at 3.55pm at the Velodrome. Bring: Lights, warm & reflective clothing, food (e.g lollies, banana, muesli bar & chocolate milk for afterwards), water, electrolyte drink, a towel and your windtrainer/indoor trainer.</p> <p>Club Track Racing, Baxter & Neilson Racing & Pre- Junior Worlds Race Night</p> <p>Junior Camp!</p> <p>Watching and Learning from Junior Worlds!</p> <p>Saturday Road Racing</p>
<p>September 2012</p>	<p>Club Track Racing – Every Tuesday 6-7pm starting Tuesday 4th September</p> <p>Baxter & Neilson Track Racing - Friday 7th September, 28th September 6pm-7.30pm</p>	<p>Road Focus but with some track sessions</p> <p>Build up to Yunca Tour – more speed work in latter part of September</p> <p>Track Racing and Baxter & Neilson race night</p> <p>Age Group Squad Training Starting 10th September (Mondays 4pm-6pm)</p>

	<p>Age Group Track Training Squads Starting Monday 10th September. U13/U15 – Weekly on Mondays 4pm-6pm</p> <p>SECONDARY SCHOOL TEAM SPRINT COMPETITION 30th SEPTEMBER (Years 9-13)</p> <p>Saturday Road Racing 1st September – New Vale Coal Circuit. (Also 1st – 2nd September – Reiker Tour – Timaru) 8th September – SI Team Time Trial Champs 15th September – Gorge Road Memorial 22nd September – Tour de Tairei (Dunedin) 29th September – Browns Circuit</p>	<p>Those in years 9 -13 getting involved in the Secondary School Team Sprint Competition as a captain / coach of their team. Competition day is September 30th</p> <p>Saturday Road Racing</p>
<p>October 2012</p>	<p>Club Track Racing – Tuesdays 6pm-7pm</p> <p>Age Group Track Training Squads Mondays 4pm-6pm</p> <p>Yunca Tour – 5-7th October</p> <p>ILT Track Carnival – 9th – 10th October</p> <p>Baxter & Neilson Track Racing - Friday 26th October 6-7.30pm</p> <p>Saturday Road Racing 13th October – Great Southern Cycle Challenge (team event)</p>	<p>Yunca Tour - Road focus of month ILT Track Carnival – Track focus of month</p> <p>Age Group Track Training Squads – Weekly on Mondays 4pm-6pm. Note, there will be no Age Group Session on Monday 8th October (as this is the day before the Track Carnival and straight after the Yunca Tour).</p> <p>Weekly track racing, Baxter & Neilson track racing</p>

<p>November 2012</p>	<p>Club Track Racing – Every Tuesday 6pm-7pm</p> <p>Age Group Track Training Squads</p> <p>Weekend Track Camp – 17th / 18th November 10am – 5pm</p> <p>Baxter & Neilson Track Racing -(Friday 9th November 6-7.30pm and Friday 16th November 6-7.30pm followed by Prizegiving)</p> <p>Saturday Road Racing 10 November – Woodlands Handicap 17th November – Myross Bush Points Race 24th November - New Vale Coal Circuit</p>	<p>Track Focus</p> <p>Weekly Track Racing and Baxter & Neilson race nights and Prize Giving on 16th.</p> <p>Age Group Squad Training (Mondays 4pm-6pm)</p> <p>Track Camp – Training, Skills, off the bike learning and lots of fun!!</p> <p>Saturday Road Racing</p>
<p>December 2012</p>	<p>Club Track Racing – (Every Tuesday 6pm-7pm)</p> <p>Age Group Track Training Squad Sessions Mondays 4pm-6pm</p> <p>Southland Secondary School Track Champs - 1st -2nd December</p> <p>Southland Track Champs - 7th -9th December</p>	<p>Focus of month: Southland Track Champs – Squads for Nationals will be selected following Southland Champs</p> <p>Weekly track racing, Age Group track sessions,</p>

<p>January 2013</p>	<p>Club Track Racing – (Tuesdays 6pm-7pm – starting again January 8th?)</p> <p>Nationals Track Training Squad Sessions Mondays 4pm-6pm – starting again mid January Thursdays 7am-8am (starting Thursday January 17th)</p> <p>New Year Track Carnival</p>	<p>Track Focus – build up to Nationals</p>
<p>February 2013</p>	<p>Club Track Racing – Tuesdays 6pm-7pm</p> <p>Nationals Track Training Squad Sessions Mondays 4pm-6pm Thursdays 7am-8am</p>	<p>Track Focus – Speed work in build-up to Nationals</p> <p>Twice weekly age Track Nationals Squad sessions Once weekly track racing.</p>
<p>March 2013</p>	<p>Age Group Track Nationals</p> <p>Southland Road Champs</p>	<p>Track Focus till Track Nationals in the first week of March then a quick switch to a Road Focus in the build-up to Club Road Nationals in Queenstown</p>
<p>April 2013</p>	<p>Te Awamutu Junior Tour – dates to be confirmed</p> <p>Rotorua Junior Tour – dates to be confirmed</p> <p>Club Road Nationals – Queenstown – dates to be confirmed (April or May!)</p>	<p>Road Focus</p>

Key:

Track Sessions

Track Racing

Road Sessions

Road Racing

Theory Workshops

Junior Division Road Racing Criteria

The following describes the criteria for each grade and guide lines to cover eligibility of juniors who wish to ride in senior division races. To race outside these guide lines requires the permission of the road race convenor.

Under 17 (Div 1)

- Must be 16 or under at 31 December
- Rollout to a maximum of 6.61 metres
- Race length up to 50 km
- Can race with seniors for any non junior div point series race. The following conditions apply:
 1. Pay senior div entry fee and are eligible to claim placing's & prizes in individual races
 2. Cannot ride senior division races which are classified as Classic's or a senior point's series race

Under 15 (Div 2)

- Must be 14 or under at 31 December
- Rollout to a maximum of 6.00 metres
- Race length up to 40 km
- Second year under 15's only can ride in senior races, and only on following conditions:
 1. There is no programmed junior division race
 2. Race B or C grade only
 3. Pay senior division entry fee
 4. The race is ≤ 45 km's in length
 5. Cannot ride senior division races which are classified as Classic's or a senior point's series race

Under 13 (Div 3)

- Must be 12 or under at 31 December
- Rollout to a maximum of 5.60 metres
- Race length 10-15 km
- Can only ride junior division races

Division Grading System – Div 1, Div 2, Div 3

Racing can also be run on a grading system The basis of which are the age groups but allows for better riders to ride up a grade but more importantly allow the less experienced to ride against riders closer to there ability.

Handicap Racing.

Handicap racing will group you according to your ability/division. Can be raced within your division or by combining divisions.