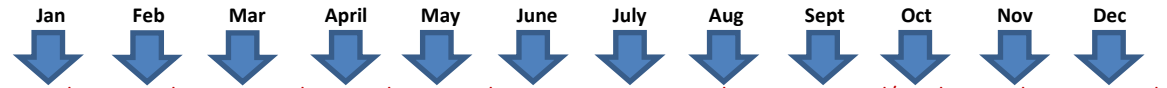


# Cycling Southland - U15 - 2013/2014 Yearly Plan



Track Focus      Track Nats      Road Nats      Winter Road/skills training      Yunca/carnival      Sthland Track Champs

Month / Year	Event	Focus
May 2013	<p><b>Strength &amp; Conditioning sessions</b> – (Tuesdays and Thursdays 7-8am SIT Gym, starting 14<sup>th</sup> May)</p> <p><b>Skills Sessions on Velodrome</b> (Thursdays 4-5pm starting May 16<sup>th</sup>)</p> <p>Physical Performance Testing with Stu MacDonald (from Thursday 9<sup>th</sup> May for one week)</p> <p>Prizegiving at the Ascot – Thursday 23<sup>rd</sup> May</p>	<ul style="list-style-type: none"> <li>Have a good break, then get back into some base training. Do some different stuff - get out on your mountain-bikes and have a bit of fun.</li> <li>It's also time to get some baseline information for the year ahead (starting with physical performance testing) and starting back in the gym. Beginning to build a base for the big and exciting season ahead!</li> </ul> <p><b>Costs:</b> Gym sessions - \$100 for twice a week sessions or \$50 for once a week sessions – which covers from now through to Track Nationals next year! Testing - \$40 each Skills Sessions - \$5 each per session</p>
June 2013	<p><b>Strength &amp; Conditioning sessions</b> – (Tuesdays and Thursdays SIT Gym, 7-8am)</p> <p><b>Skills Sessions on Velodrome</b> (Thursdays 4-5pm)</p>	<ul style="list-style-type: none"> <li>Starting to really get stuck into base training, skill development (skill sessions and madison training), spin classes and the gym.</li> </ul> <p><b>Costs:</b> Spin classes - \$5 each per week Madison Training - \$5 each per session</p>

	<p><b>U15 Spin Sessions</b> - Mondays 4-5pm, World Gym – starting June 10<sup>th</sup></p> <p>Madison Training – (Friday 14<sup>th</sup> June - 6-8pm)</p>	<p>Skills sessions -\$5 each per session</p>
<p><b>July 2013</b></p>	<p><b>Strength &amp; Conditioning sessions</b> – (Tuesdays and Thursdays SIT Gym, 7-8am)</p> <p><b>Skills Sessions on Velodrome</b> (Thursdays 4-5pm)</p> <p><b>U15 Spin Sessions</b> - Mondays 4-5pm, World Gym</p> <p>Madison Training – (Friday 5<sup>th</sup> and 12<sup>th</sup> July 6-8pm)</p> <p>Madison Racing (Friday 19<sup>th</sup> and 26<sup>th</sup> July 6-8pm)</p> <p><b>South Island Secondary School Cycling Champs</b> – Ruapuna, Christchurch (July 13<sup>th</sup> – contact your School Sports Co-ordinator)</p> <p><b>Saturday Road Racing Begins</b>  <b>Road Skills Session</b> – Pedalling Pathway – prior to racing (Starts July 6<sup>th</sup>)</p>	<ul style="list-style-type: none"> <li>• Saturday Road Racing starts – our focus on the road is the Yunca Tour in October. We will have Road Skills session prior to racing.</li> <li>• Also still ticking away on the track – skill development / Madison, while keeping up leg speed with spin sessions.</li> <li>• Putting the hard yards of winter training in!</li> </ul> <p><b>Costs:</b>  Spin classes - \$5 each per week  Track Racing / training sessions - \$5 each per session  Saturday Road Racing - \$5 each per session</p>

<p><b>August 2013</b></p>	<p><b>Strength &amp; Conditioning sessions</b> – (Tuesdays and Thursdays SIT Gym, 7-8am)</p> <p><b>Skills Sessions on Velodrome</b> (Thursdays 4-5pm)</p> <p><b>U15 Spin Sessions</b> - Wednesdays 4-5pm, World Gym</p> <p>Madison Racing (Friday 9<sup>th</sup> and 30<sup>th</sup> August)</p> <p><b>Baxter &amp; Neilson Omnium Series Begins</b> (Friday 2<sup>nd</sup> and 16<sup>th</sup> August 6-8pm)</p> <p><b>Junior Road Camp – Tuatapere</b> Friday/Saturday/Sunday 23<sup>rd</sup> – 25<sup>th</sup> August</p> <p>Corporate Pursuit – 4<sup>th</sup> &amp; 11<sup>th</sup> August – put your hand up to help with coaching / helping out at the event.</p> <p>Saturday Road Racing Road Skills Session – Pedalling Pathway – prior to racing.</p>	<ul style="list-style-type: none"> <li>• Keeping up our road work / miles, Junior Road Camp is a good opportunity for some longer group rides. Keeping leg speed up with spin classes and on the track with racing (Baxter &amp; Neilson starts) and Madison racing.</li> </ul> <p><b>Costs:</b> Spin classes - \$5 each per week Track Racing / training sessions - \$5 each per session Saturday Road Racing - \$5 each per session Road Camp – to be confirmed</p>
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<p><b>September 2013</b></p>	<p><b>Strength &amp; Conditioning sessions</b> – (Tuesdays and Thursdays SIT Gym, 7-8am)</p> <p><b>Skills Sessions on Velodrome</b> - <i>Last skills Session Thursday September 5<sup>th</sup></i></p> <p><b>U15 Age Group Track Squad Sessions</b> <b>begin</b> Monday's 4-6pm, starting Monday 9<sup>th</sup> September</p> <p><b>U15 Spin Sessions</b> - Mondays 4-5pm, World Gym – <i>Last Spin Session Monday 2<sup>nd</sup> September</i></p> <p><b>Baxter &amp; Neilson Omnium Series</b> (Friday 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup> September 6-8pm)</p> <p><b>Junior Club Track Racing</b> – Friday 27<sup>th</sup> September 6-8pm</p> <p><b>Secondary School Team Sprint Competition</b> – 29<sup>th</sup> September – enter a team from your school and help to coach!</p> <p><b>Saturday Road Racing Road Skills Session</b> – Pedalling Pathway – prior to racing.</p>	<ul style="list-style-type: none"> <li>• Age Group Training Squads start on the Track, while retaining a strong focus on the road leading into the Yunca Tour – turning to a speed focus on the road as we get closer to the Tour.</li> </ul> <p><b>Costs:</b> Spin classes - \$5 each per week Track Racing / training sessions - \$5 each per session Saturday Road Racing - \$5 each per session</p>
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<p><b>October 2013</b></p>	<p><b>YUNCA TOUR - October 4<sup>th</sup>, 5<sup>th</sup> &amp; 6<sup>th</sup></b></p> <p><b>ILT JUNIOR TRACK CARNIVAL – October 8<sup>th</sup> &amp; 9<sup>th</sup></b></p> <p>Physical Performance Testing with Stu MacDonald <i>(after the Yunca Tour – week starting 14<sup>th</sup> October)</i></p> <p><b>Strength &amp; Conditioning sessions –</b> <i>(Tuesdays and Thursdays SIT Gym 7-8am)</i></p> <p><b>U15 Age Group Squad Sessions</b> <i>Mondays 4-6pm (not on 7<sup>th</sup> October due to Yunca/track carnival)</i></p> <p><b>Baxter &amp; Neilson Omnium Series</b> <i>(Friday 18<sup>th</sup> October 6-8pm)</i></p> <p><b>Junior Club Track Racing – Friday 25<sup>th</sup> October 6-8pm</b></p> <p><b>Wednesday Worlds Road Race</b> <i>(6pm report for a 6.30pm start at Tisbury School. Divisions 1 – 5)</i></p> <p><b>Saturday Road Racing</b> <b>Road Skills Session – Pedalling Pathway – prior to racing.</b></p>	<ul style="list-style-type: none"> <li>• <b>Yunca Tour - Road focus of month</b></li> <li>• <b>ILT Track Carnival – Track focus of month</b></li> <li>• Age Group Track Training Squads – Weekly on Thursdays 4pm-6pm. Note, there will be no Age Group Session on Thursday 10<sup>th</sup> October following the Yunca Tour/Track Carnival.</li> <li>• Following the Tour, our focus turns to the Track. We will do some testing after the Tour to see where everyone is at, and what each individual needs to work at leading into Southland Champs / Track Nationals.</li> <li>• Wednesday World’s Starts – October 16<sup>th</sup>. 6pm report for a 6.30pm start at Tisbury School. Great mid-week hit out!</li> </ul> <p><b>Costs:</b> Track Racing / training sessions - \$5 each per session Saturday Road Racing - \$5 each per session Wednesday Worlds - \$5 Tour entry - To be confirmed (2012 was \$85) Carnival - \$10 per night Testing - \$40 per person</p>
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<p><b>November 2013</b></p>	<p><b>Strength &amp; Conditioning sessions</b> – (Tuesdays and Thursdays SIT Gym 7-8am)</p> <p><b>U15 Age Group Squad Sessions</b> Mondays 4-6pm – NO Session on Monday 18<sup>th</sup> November due to Oceanias</p> <p><b>Baxter &amp; Neilson Omnium Series</b> (Friday 15<sup>th</sup> November 6-8pm)</p> <p><b>Junior Club Track Racing</b> – Friday 29<sup>th</sup> November 6-8pm</p> <p><b>SI Secondary School Track Champs</b> – Saturday 30<sup>th</sup> November</p> <p><b>Wednesday Worlds Road Race</b> (6pm report for a 6.30pm start at Tisbury School. Divisions 1 – 5) – NO race on 20<sup>th</sup> November due to Oceanias.</p> <p><b>Saturday Road Racing</b> Road Skills Session – Pedalling Pathway – prior to racing. No race on Saturday 16<sup>th</sup> November due to UCI Level 1 track event</p>	<ul style="list-style-type: none"> <li>• Track focus in build-up to Southland Champs / Track Nationals</li> <li>• UCI Level 1 track event on November 16<sup>th</sup> / 17<sup>th</sup> and Oceanias on November 19<sup>th</sup> – 22<sup>nd</sup> – come and watch and learn!</li> </ul> <p><b>Costs:</b> Track Racing / training sessions - \$5 each per session Saturday Road Racing - \$5 each Wednesday Worlds - \$5 each</p>
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<p><b>December 2013</b></p>	<p><b>SOUTHLAND TRACK CHAMPS – 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> December</b></p> <p>Strength &amp; Conditioning sessions – (Tuesdays and Thursdays SIT Gym 7-8am)</p> <p><b>U15 Age Group Squad Sessions</b> Mondays 4-6pm</p> <p><b>Baxter &amp; Neilson Omnium Series</b> (Friday 13th December 6-8pm)</p> <p>Wednesday Worlds Road Race (6pm report for a 6.30pm start at Tisbury School. Divisions 1 – 5)</p> <p>Saturday Road Racing - last race on December 7<sup>th</sup> - Road Skills Session – Pedalling Pathway – prior to racing.</p>	<ul style="list-style-type: none"> <li>• Our focus is on the track, with the Southland Track Champs the key event – <b>Squads for Nationals will be selected following Southland Champs</b></li> </ul> <p><b>Costs:</b> Track Racing / training sessions - \$5 each per session Saturday Road Racing - \$5 Wednesday Worlds - \$5</p> <p>Christmas!!!</p>
<p><b>January 2014</b></p>	<p><b>New Year Carnival</b> (dates to be confirmed)</p> <p>Strength &amp; Conditioning sessions – (Tuesdays and Thursdays SIT Gym 7-8am)</p> <p><b>U15 Age Group Squad Sessions</b> Mondays 4-6pm</p> <p><b>Morning Age Group sessions (once weekly) will also start – date to be confirmed</b></p>	<ul style="list-style-type: none"> <li>• Track Focus through to Nationals</li> </ul> <p><b>Costs:</b> Track Racing / training sessions - \$5 each per session Saturday Road Racing - \$5 Wednesday Worlds - \$5 Testing - \$40 Carnival - \$10 per night (to be confirmed)</p>

	<p><b>Wednesday Worlds Road Race</b>  <i>(6pm report for a 6.30pm start at Tisbury School. Divisions 1 – 5) – re-start date to be confirmed</i></p>	
<p><b>February / March 2014</b></p>	<p><b>Strength &amp; Conditioning sessions</b> –  <i>(Tuesdays and Thursdays SIT Gym 7-8am)</i></p> <p><b>U15 Age Group Squad Sessions</b>  <i>Mondays 4-6pm and one morning session</i></p> <p><b>Wednesday Worlds Road Race</b>  <i>(6pm report for a 6.30pm start at Tisbury School. Divisions 1 – 5)</i></p> <p>Physical Performance Testing with Stu MacDonald <i>(early February prior to Nationals)</i></p> <p><b>Track Nationals</b>  <i>(dates to be confirmed)</i></p> <p><b>Saturday Road Racing</b></p>	<ul style="list-style-type: none"> <li>• <b>TRACK NATIONALS – Pinnacle event</b></li> <li>• Focus is on speed and team work</li> </ul> <p><b>Costs:</b>  Track Racing / training sessions - \$5 each per session  Saturday Road Racing - \$5  Wednesday Worlds - \$5  Testing - \$40</p>
<p><b>April 2014</b></p>	<p><b>Saturday Road Racing</b>, including Southland Road and Time Trial Champs <i>(dates to be confirmed)</i></p> <p><b>Wednesday Worlds Road Race</b>  <i>(6pm report for a 6.30pm start)</i></p>	<p><b>Road Focus in build-up to Club Road Nationals</b></p>



<b>May 2014</b>	Club Road Nationals - Hamilton <i>(dates to be confirmed)</i>	<b>Road Focus</b> <ul style="list-style-type: none"><li>• <b>Club Road Nationals – Pinnacle Event</b></li></ul>
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