



Cycling Otago's Mentorship Programme

GOAL OF THE PROGRAMME:

The goal of Cycling Otago's "POSITIVE SPIN" Mentorship programme is to foster relationships with junior cyclists and those new to cycling, to assist them in staying involved and motivated within the sport of cycling. The programme exists to allow some of our energetic and enthusiastic cyclists to share their motivation, inspiration, passion, experience and ideas to other cyclists in order to enhance their enjoyment in cycling and potential for achievement.



CYCLING OTAGO MENTORS

 Gary Allpress

 Chris Henderson

 Shane Melrose

 Brendan Hastie

 Joseph Chapman

 Mike Lormans

 Geoff Keogh

 Emma Hutchings

 Carolyn Jenkins

 Sara MacDonald

 Honor Davies

 Kathryn Jones

The above club members have created this programme due to their genuine interest in wanting to encourage more cyclists to join our club and to stay involved in our club. Our mentors are motivated to help our club develop and move forward in a positive way, hence our programmes name "Positive Spin". Hopefully, this mentorship programme will grow with more Cycling Otago club members putting their name forward. We encourage members to join in and volunteer their cycling enthusiasm to help others enjoy our sport and reach their cycling potential. If you wish to be a cycling mentor please email Mike Weddell at Sport Otago, mikeweddell@sportotago.co.nz





Cycling Otago's Mentorship Programme

ROLE OF THE MENTOR:



To encourage the rider to participate in club activities including bunch training rides and club races.



To introduce the rider to other club members and facilities.



To provide advice and information about cycling to the rider.



To assist and advise on equipment, clothing and safety issues.



To encourage and motivate the rider to reach their goals and potential.



To take an interest in the performance and progress of the rider.



To be an extra support person on issues that may arise.

CYCLING SHOP MENTOR PROGRAMME PROMOTERS



Paul Gough & Emma Masterton



Stu Thomas



Wayne Evans



Barrett Wilson



Sarge

??? HOW DO YOU GO ABOUT GAINING A MENTOR???

Please click on [Mentorship Programme Application Form](#)



Cycling Otago's Mentorship Programme

Mentorship Programme Application Form

Your Name.....

Address.....

Email

Mobile Phone

Home Phone.....

NOVICE (<16yrs) JUNIOR (17-19yrs) SENIOR (20-34yrs) MASTER (35+yrs)

Are you new to cycling? Yes / No Do you have a Coach? Yes / No

What aspects of cycling do you enjoy? (please circle or omit)

Track Cycling / Road Cycling / Time Trialling

What do you want to achieve in cycling?

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.....



Male or Female (please circle or omit)

Optional: Preference from mentor list

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Please return or hand this form to the Mentor Coordinator, Carolyn Jenkins

Or email form to: carolyn.jenkins123@gmail.com

Or send form to: Carolyn Jenkins, Cycling Otago Mentorship Programme
Coordinator, PO Box 255, Dunedin

It is import that the information that you provide will be dealt with by the coordinator and if you name a possible mentor the coordinator will then approach this person. Please do not make personal contact with a possible mentor, let the coordinator approach them first and then coordinator will advise you on the mentor's availability.