



## Junior Track Development Programme 2015/16

The Cycling Otago junior track development programme provides weekly coaching session with qualified coaches between October and December. Sessions are on Sunday afternoons and last for one hour.

Bike hire: The club has track bikes available to hire to club members for the season. Riders wishing to hire a bike need to fill in an application form and get it back to Bryony Telford before **Tuesday the 29<sup>th</sup> of September**. Bikes will be allocated on the first day of the junior development program, the 4<sup>th</sup> of October.

If there is high demand for the bikes, they will be allocated first to riders who have not hired a bike from the club previously. New riders, juniors, and riders who have attended multiple taster sessions will be prioritized. If you have any extra questions email [bryony.telford@gmail.com](mailto:bryony.telford@gmail.com).

Membership: **Everyone attending junior coaching and club racing must be a Cycling Otago member.** On Tuesday nights you will be required to hand over your race license at sign in and pick it up again at the end of the night when you return your number.

Applications for 2016 membership open on the 1<sup>st</sup> of November. This means that any **new** riders who weren't members in 2015 should join on this date. It is important that you don't sign up before November, as this will only get you a 2015 membership, which will expire in January 2016. New riders won't be expected to bring a license to sign on until the 10<sup>th</sup> of November.

To join Cycling Otago, go to [www.cyclingnewzealand.nz](http://www.cyclingnewzealand.nz), click 'join Cycling NZ' in the top right corner and follow the instructions. Juniors should sign up for "ride youth" membership, which allows riders to race in club and regional events. If riders opt to go to national championships membership can be upgraded later in the year.

Age group: The current racing season, beginning on 6<sup>th</sup> October is the 2016 season. This means that ages for events are taken from the age at the **31<sup>st</sup> of December 2016**. Junior age groups at cycling New Zealand events and club championships are U15, U17 and U19. At club racing we will also recognize an U13 and roadster grade.

Gearing: Track bikes can only run one gear at a time, determined by the ratio between the front chain ring and the back sprocket. The 'rollout' is the distance that the bike moves in one full pedal revolution. At racing Wade Rollo will be rolling out all the junior bikes to make sure they adhere to the limits.



For juniors, Cycling NZ sets a maximum gear that riders in each age group can ride. At club racing, we have a further limit for the first two months of the season to get everyone up to speed and develop pedalling technique. In December riders will be able to go up a gear, but we recommend talking to your coach about what the right gear to suit your strengths is. Often, especially on outdoor tracks, it is best to ride under the limit to develop technique.

Juniors riding in senior grades are limited to riding below their cycling NZ gear limit.

	Before 1 <sup>st</sup> December	After 1 <sup>st</sup> December
U13	5.6m (48x18)	6m (48x17)
U15	5.6m (48x18)	6m (48x17)
U17	6m (48x17)	7m (50x15)
Open	7m (49x15)	Unlimited

Questions: If you have further questions please contact the track development plan co-ordinator: Mark Falcous; [track@cyclingotago.co.nz](mailto:track@cyclingotago.co.nz)

-----

### Junior Track Development Sign Up form

Name:	
NZL Race Licence Number: (returning riders only)	
Age:	
Cycling NZ age category (e.g. U13, U15, U17, U19)	
e-mail address:	
<i>Official use:</i> <i>Payment received:</i> <i>Date:</i>	

**Junior Sign up: Sunday 27th Sept; 1.30pm-3.00pm at Seddon Park clubrooms**

Cost: is \$25, or is included within the \$75 bike hire cost. Payment by cash or cheque payable to 'Cycling Otago Inc'.