



Cambridge High School  
**CYCLING**

[CLICK HERE TO REGISTER ONLINE](#)

[CLICK HERE TO PURCHASE CLOTHING](#)

# CAMBRIDGE HIGH SCHOOL EXPECTATIONS AT ALL TIMES

## **R**ealise your Potential

*Me moohio ki too pito mata*

We:

- are solution focused and seek appropriate pathways forward
- strive towards our goals
- positively extend ourselves

## **E**ngage with Purpose

*Kia uu ki te kaupapa*

We:

- are punctual and prepared
- reflect and appropriately act upon feedback
- are actively present
- give everything a go
- are resilient and keep trying

## **A**ct with Integrity

*Mahia ki te tika me te pono*

We:

- comply with school rules and routines
- are honest in our intentions and actions
- endeavour to do the right thing
- are accountable for our actions
- are proud of our personal presentation
  - correct uniform and appearance
  - language
- are respectful of the occasion

## **C**are for People and Places

*Manaakitia ngaa taangata me ngaa waahi*

We:

- practice manaakitanga
- practice kaitiakitanga towards our school property, community and environment

## **H**ave Courage to Succeed

*E riwha ai me niwha*



*Tuu Maaia kia Tika*

## CHS CYCLING

**VISION** | Our vision is to cultivate a thriving cycling community that inspires students to reach their full potential, fosters a love for cycling, and provides a fun and enriching environment for personal growth and athletic excellence.

**MISSION** | Our mission is to provide Cambridge High School cyclists with access to a world-class cycling facility and equipment, offering quality coaching and support to enable personal growth and athletic potential in a safe and secure environment.

## PHILOSOPHY

**EMPOWER | EQUIP | ENHANCE**

## CLUB VALUES

**CREATE CHAOS | STAY COMPOSED | SELF LESS**

## UNDERPINNED BY THE SCHOOL VALUES

**Self-discipline | Integrity | Respect FOCUS AREAS**

<p><b>Athletes</b> By providing a quality experience that develops a love for the sport, in which they can reach their potential, on and off the bike.</p>	<p><b>Coaching</b> Attract, Develop and enable our coaches to provide our athletes with the coaching they need.</p>	<p><b>Strong Leadership</b> A collaborative approach, where the needs of our athletes and coaches are the focus of our decisions.</p>
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<p><b>Athlete Leadership Development</b> Teaching athletes the key attributes in leadership to grow them as people and to set the foundation for future career success.</p>	<p><b>Coaching Leadership</b> Employ a lead, to grow and develop our coaching talent, and to facilitate a collaborative approach to maximize the learning opportunities for our athletes</p>	<p><b>Organization Effectiveness</b> Maximizing the strengths of the people working collaboratively in order to achieve the goals of the organization</p>
<p><b>Training Environment</b> Fun, Continuous learning, reflection, Self-improvement</p>	<p><b>Coaching landscape</b> Athlete centered coaching, Growth mind-set, collaborative, supportive</p>	<p><b>Financial Sustainability</b> Strong fiscal management, ensuring future sustainability, while ensuring a cost-effective approach to enable all athletes who want to ride, can ride</p>
<p><b>Selection Policy</b> Clear, documented policy that states our philosophy when selecting teams.</p>	<p><b>Team Approach</b> Align teams with coaches, to share the coaching load, maximize strengths and encourage reflective practice</p>	<p><b>Communication</b> Using a multi-media approach to inform all stakeholders in the information that is important to them</p>
<p><b>Parent Support</b> Encourage active participation in support of their son/daughter, understanding the key role they play, and the opportunity to maximize their son/daughters growth in the sport of cycling</p>	<p><b>Coach Development</b> Provide opportunities for our coaches to develop their skills and experiences as coaches, through on the job learning, reflective practice, and peer review, coaching courses or conferences.</p>	<p><b>Quality Equipment</b> Maintain and plan for future requirements, equipment to enable the effective delivery of the cycling program, which meets the needs of the athletes.</p>



# Welcome

## Cambridge High School Cycling

Welcome to the Cambridge High School Cycling family!

This handbook has been created to assist you throughout the season and contains important information you'll need.

Cycling is a demanding and dynamic team sport, where cyclists and support staff work together and support each other. While we encourage a positive attitude and enjoyment, we also expect hard work and commitment from all participants.

For parents, being involved in the sport can be demanding but also fulfilling. You may need to act as a driver, help at events, and assist with fundraising. The demands of cycling will provide healthy challenges for your child/support staff, and you may need to guide them in becoming self-reliant in this environment. By being part of the cycling community, you will also have the opportunity to form new friendships and join a larger family network.

Our coaching team is experienced and highly qualified, backed by a strong governance structure through a partnership between the School and the cycling parent group.

We look forward to seeing you at our Cambridge High School supporter's tent and events throughout the season. We wish all cyclists, support staff, coaches, and families a successful and enjoyable season.

Best regards, Cambridge High School Cycling



# Introduction to Cycling

Dear New and Existing Cycling Parents,

Welcome to another exciting season of cycling! We are thrilled to have both new and returning families join us on this journey, as we believe that cycling is not just a sport, but a lifestyle that can bring many benefits to your child and the whole family.

Cycling is a sport that requires teamwork and individual excellence to achieve the best results. Our training program is carefully planned to emphasize correct technique and physical conditioning, as well as to develop strong camaraderie among cyclists.

Not only will your child improve their physical fitness, but they will also develop time management skills and strong relationships with their teammates.

As a parent, you play an important role in supporting your child's cycling journey. Whether you are new to the program or have been a part of it for years, our cycling parent group and parent helpers are here to help and guide you. We encourage you to get involved in the program in any way you can, as you will see the benefits that cycling can bring to your child, such as self-discipline, time management, leadership skills, and lifelong friendships.

We look forward to another successful and memorable season, working together with you to make this a great experience for all involved.

Sincerely, The Cycling Team

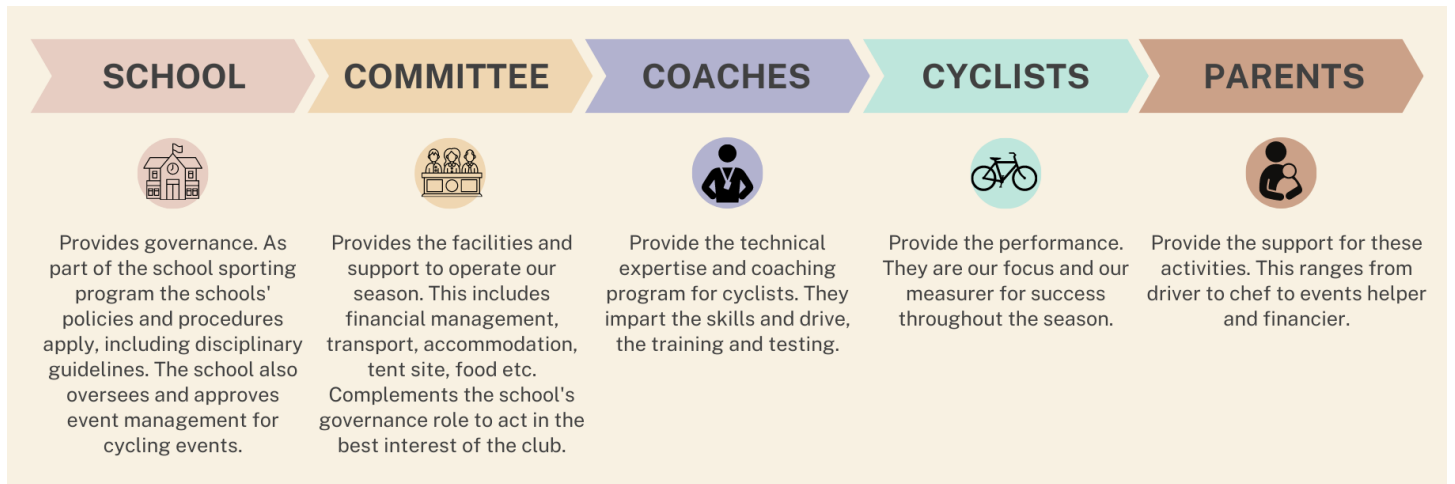




# About Cambridge High School Cycling

CHS Cycling provides the students with the opportunity to develop their sporting potential, build character and achieve success at the highest levels of High School sport.

CHS Cycling is made up of 5 parties working together to attain success.





## Cambridge High School Cycling Values:



# CHS CYCLING VALUES

**ENCOURAGING A BOLD AND INNOVATIVE APPROACH TO CYCLING, EMBRACING THE THRILL OF TAKING CALCULATED RISKS AND PUSHING BOUNDARIES TO ACHIEVE PERSONAL AND COLLECTIVE GROWTH.**

**CREATE  
CHAOS**

**PUTTING THE TEAM, THE SPORT, AND THE LOVE OF CYCLING ABOVE PERSONAL INTERESTS OR ACCOLADES, FOSTERING A COLLABORATIVE AND SUPPORTIVE COMMUNITY THAT PRIORITIZES THE GREATER GOOD OVER INDIVIDUAL ACHIEVEMENTS.**

**SELF LESS**

**MAINTAINING FOCUS, BALANCE, AND CONTROL, EVEN IN THE FACE OF CHALLENGING OR UNEXPECTED SITUATIONS, BY USING A MEASURED AND DISCIPLINED APPROACH TO CYCLING.**

**STAY  
COMPOSED**

## Delivering the Cambridge High School Cycling Program:

**CYCLISTS** - The success of CHS Cycling is evaluated based on the abilities and achievements of our cyclists. Additionally, they contribute to our program by participating in fundraising efforts and properly maintaining our equipment.

**COACHES** - Our coaching team plays a vital role in the CHS cycling program. They teach technical skills and oversee the growth of our cyclists. Coaches make daily decisions that will impact the development of your child and their team. These decisions are made with the best interests of the cyclists in mind, and we ask for your support of them. If you have any concerns or disagreements with a coach's decision, please communicate directly and privately with the Teacher in Charge of cycling (Jeff East). **Avoid discussing your concerns with your child, as this may cause confusion and harm the effectiveness of the coaching program. Please do not contact the coaches directly.** Coaching Panel will be responsible for selections. Panel may include an outside coach if required to verify selections.

**CHS TEACHER IN CHARGE** - The CHS cycling program is a component of the school's athletic offerings and operates under the jurisdiction of the school. The school's policies and procedures apply at all times. The Teacher in Charge, Jeff East (jfe@camhigh.school.nz), oversees the program and is available for any discussions regarding the cycling program in general.

**CHS CYCLING PARENT GROUP** - The CHS Cycling Parent Group is responsible for supporting the school's cycling program through various efforts. The group is made up of parents, the head coach, the teacher in charge, and the two cycling captains.

The Parent Groups's duties include:

- Organising transportation, food, and accommodation for competitions ,
- Maintaining equipment and ensuring safety and first aid measures are in place
- Providing mechanic support for the cyclists
- Managing timing at events
- Fundraising and financial management, including asset ownership and management
- Building and maintaining relationships with stakeholders
- Overseeing general affairs related to the cycling program.

By working together, the parent group helps to ensure the success and smooth operation of the school's cycling program.

**PARENTS** - Parents play a crucial role in the CHS cycling program and their involvement is essential. The parent group relies on the support and participation of parents to share the workload. Your presence and support at competitions is highly valued, as it helps create a positive and encouraging atmosphere for the cyclists. It is also important for parents to serve as positive role models by demonstrating good behavior and upholding the school's values and culture.





# Volunteering

How can you help as a parent?

As a parent, you play a vital role in the success of the Cambridge High School Cycling Program. The program relies on the support and involvement of parent volunteers, who ensure that our cyclists have what they need to perform at their best. We encourage all parents to get involved by volunteering at one or more events throughout the season.

There are a variety of volunteer opportunities available, from administrative tasks to hands-on support, and you can choose the ones that best fit your interests and schedule. Whether you want to develop new skills, meet new people, or simply show your support for your child, volunteering is a great way to get involved.

The CHS Cycling parent community is a fun and supportive group, and your help is essential for ensuring that events and competitions run smoothly.

You will be assigned duties at events and competitions throughout the season, and experienced parents and members of the parent group will be there to teach you and help you get started. So why not join us and be a part of this exciting and rewarding experience?





# Fundraising

The fees paid by the cyclists at Cambridge High School Cycling cover various costs including subscriptions, track fees, some competitions. However, additional funds are needed to purchase new bikes, gear, and specialized cycling equipment. To meet these financial needs, the program relies on the support of its families through fundraising efforts.

The fundraising committee organizes various events and activities throughout the season, including a Christmas Raffle led by the students, a quiz night, competition catering, and more. It is expected that all cyclists and their families participate in these fundraising activities.

There are four main ways to support the program financially: through donations, sponsorships, special events and initiatives (such as raffles and quiz nights), and grants. By working together, we can ensure that the program has the resources it needs to continue providing a top-notch experience for our cyclists.





# CHS Cycling Rules

## Requirements of being a good sport:

- Focus on riding to your potential and play within the rules
- Always wear the correct uniform with pride
- Never question the marshal/officials and always accept their decisions
- Recognise positive contributions made by team-mates and the opposition
- If watching a race or being a reserve, always make positive comments from the side line
- Raise any issues regarding opposition riders, spectators or fellow team mates directly with the Teacher in Charge of cycling.
- Never take the law into your own hands
- The School and/or governing body of the sport will view foul play seriously
- Phone are NOT to be out during any training sessions.

## Student Driven Vehicles:

Year 12 and 13 students who have completed the School's permission process to bring a vehicle to School, do have permission to drive a car to School and may be permitted to drive to and from cycling activities/events including races and events.

We remind parents and our young students that this permission does not extend to carrying passengers, unless both the School and parents have approved it in writing. This also includes driving to School-related extracurricular activities.

Normal School Rules in relation to students driving vehicles apply at all times.

## Code of Conduct:

- CHS School rules apply at all events
- Riders must follow the road rules and safety procedures when riding and/or training
- Riders must wear the correct uniform at race day, during a race and at prizegiving ceremonies
- Riders must wear skinsuits or road jersey for racing but it is not a requirement to wear at training.
- Riders wanting to wear the School skinsuit/road jersey in club or individual races, must conduct themselves in a manner that upholds the reputation of Cambridge High School
- Riders are expected to attend all prizegiving events even if they do not place
- Riders should obey race events as outlined by coaches and the Teacher in Charge prior to racing
- Race related issues, including rule challenges, must be directed to the Teacher in Charge to resolve on behalf of the team. Riders and/or parents are not permitted to make challenges to the race commissaires directly
- All racing will be fair; poor conduct, cheating and bad language will not be tolerated
- Riders should be courteous and appreciative to the coaches, managers, teachers and parents involved

For further school cycling rules, please refer to Cycling New Zealand Rules for School Cycling:

(<https://schools.cyclingnewzealand.nz/assets/Cycling-New-Zealand-Schools-Rules-1-January-2021.pdf>)

## School Discipline:

Cycling is part of the School's educational programme, therefore while students are training, competing or traveling, the School's Fundamental Rules apply and must be strictly adhered to. Please note this also applies to training and camps during the school holidays and any time during which an athlete is representing Cambridge High School. Any serious breach of the School Rules may result in the rider being sent home at the parent's expense. The decision to send a student home from a race or camp will be made by the Teacher in Charge, regardless of the location of where the serious breach of School rules took place. Any disciplinary action will follow normal School procedures.

The Cambridge High School Rules can be found [HERE](#)

# Committing to the CHS Cycling Team

Before committing and riding with the squad, riders must complete the online registration form, the EOTC documentation and pay the annual subscription. The annual subscription must be paid before the end of term 2.

## Registration

Registration will be completed online. Please register and confirm your child's details. Parent details are also collected during this registration. The online registration can be accessed on the first title page.

New and returning riders must complete the online registration. Registrations need to be submitted by the end of Term 1.

## Subscription Fees

Cycling subscriptions for 2023 are set at \$50 for Seniors and \$30 for Juniors. This subscription fee covers a percentage of race fees and coaching. CHS also contributes to costs.

Payments can be made at student reception. Should you need assistance, please feel free to contact the Finance Department.

Subscriptions do not cover additional transport, race entry fees, accommodation and food for 'away trips'. These costs will be charged separately prior to each event.

## Age Grades

Riders are categorised into age grades for competition racing according to their age at the 1<sup>st</sup> January in the competition year. It is vital that you input your age grade correctly when completing the online registration form.

<b>Age Category</b>	<b>Requirement for 202X</b>
Under 14	Riders must have had their 13 <sup>th</sup> birthday between 1 Jan and 31 Dec (inclusive) during the 202X year of competition
Under 15	Riders must have had their 14 <sup>th</sup> birthday between 1 Jan and 31 Dec (inclusive) during the 202X year of competition
Under 16	Riders must have had their 15 <sup>th</sup> birthday between 1 Jan and 31 Dec (inclusive) during the 202X year of competition
Under 17	Riders must have had their 16 <sup>th</sup> birthday between 1 Jan and 31 Dec (inclusive) during the 202X year of competition
Under 20	Riders must have had their 17 <sup>th</sup> , 18 <sup>th</sup> or 19 <sup>th</sup> birthday between 1 Jan and 31 Dec (inclusive) during the 202X year of competition



# Overview of the season ahead

The following is a summary of costs for the cycling season. Please note that in some cases the costs have been estimated and some costs are optional.

Payments can be made on the Parent Portal system or directly with the Finance Department. Should you need assistance, please feel free to contact the Finance Department.

Item	Compulsory	Optional	Cost per rider
<b>Annual Cycling Subscription</b>	✓ ✓		Junior: \$30 Senior \$50
Wednesday Trainings @ Track – 32 sessions Payable to CHS -	✓		\$300
North Island Schools <b>Track</b> Championships – Cambridge	✓		\$110 – for all events.
National <b>Track</b> Championships: South Island - <i>optional</i> . Cambridge - <i>compulsory</i> . July 4 <sup>th</sup> and 5 <sup>th</sup> 2023	✓	✓	Sth. Is Approx. \$700-900 Cambr Approx. \$110-150
North Island Schools <b>Road</b> Championships - Cambridge.	✓		\$135 – for all events.
Northern <b>Road</b> Tour - Auckland	✓		\$200-300 – for all events.
National <b>Road</b> Championships: South Island optional. Fielding compulsory.	✓	✓	S Island Approx. \$700-900 Fielding Approx. \$250-350
Cambridge High School Skinsuit	✓		\$TBC
CHS Track Pants (for presentations)		✓	\$65
CHS Jacket or Hoodie (for presentations)		✓	\$80.50
CHS School Cycling Jacket		✓	\$TBC
CHS T-Shirt		✓	FREE – conditions apply
CHS Cycling Shorts		✓	\$45
CHS Cycling Backpack or Duffle Bag		✓	\$65
Road bike, road helmet, bike shoes, front & rear lights, training gear, riding glasses, gloves (summer and winter) puncture repair kit, wind trainer/rollers.	✓		

# Cycling Calendar

The following is a list of School cycling Road events. All riders of the squad are expected to compete in these events.

## List of School cycling Road events

Event	Term/Week	Compulsory CHS Event	Registration	Transport
Grass Circuit @ CHS	31 <sup>st</sup> March	✓	C H S	Nil
North Island Schools Road Championships	Start of T2 Holidays	✓	C H S	Parents
Northern Tour (Auckland)	T3 Week 6 3-4 Sep TBC	✓	C H S	Parents/CHS
National Schools Road Championships	29Sep-04/Oct TBC	✓	C H S	Parents/CHS

## Non-School cycling events

There are many non-School events that are held throughout the year that we highly recommend and encourage our riders to compete in.





### North Island Schools Road and Track Championship *Cambridge*

A 4-day event hosted in Cambridge in which riders compete in a Road Race, Team Time Trial and Criterium event. The full squad competes to contribute to the Overall Best School competition.

Directly after the Road Championships the North Island School Track Championships is held at the Velodrome in Cambridge.

### Northern Tour *Early September, Auckland*

The Northern Tour is contested in Winter Tournament week and is held in Auckland. The event includes 3 stages; an Individual Time Trial, Hill Climb and Criterium. The Northern Tour is the penultimate event to Nationals and is an excellent opportunity for riders to continue building on strength and technique.

### National School Road Championships

Nationals is the ultimate event of the school cycling season and the event that the squad trains hard all year for. It is the chance for riders to show their ability and skill at the highest level.

Accommodation is arranged for staff, riders and coach. It is recommended that parents book their own accommodation in and around Fielding.

### Non-School Cycling Events

There are many events held throughout the year that we encourage our riders to compete in. These events are fun and great for cycling development. If you are interested in further racing please talk with the members of the CHS cycling community to find out more. Events range from Track, Road tours and age group nationals.

For riders wanting to progress with cycling outside of school, Cycling New Zealand scouts are often present at these events. You can also access information for the events on the Cycling New Zealand website.

All riders are responsible for registering for non-School cycling events. Riders wanting to wear the School skinsuit in club or individual races, must conduct themselves in a manner that upholds the reputation of Cambridge High School



# Training Schedule

## School Coaching Sessions – Term 1, 2 and Term 3

**Road cycling:** Timing and start locations will be made available prior to each training session.

**Track cycling:** Wednesday 4.30pm to 6pm at the Cambridge Velodrome.

**Riders unable to make training must let the coach know prior to the start of training. It is considered impolite to miss training without excusing yourself.**

Parents who are available to attend the road ride at the training sessions are encouraged to come along. Often the coach needs the extra help in getting the riders organized for certain efforts on the ride.

## Road: Wind Trainer Sessions

During Term 2 and 3 the weather is often not ideal for riding outdoors, therefore the squad will train indoors in the CHS barn on wind trainers. Riders will be notified of the change in their training session the evening before the session. It is advised that riders have their own wind trainer that fits their bike.

## ZWIFT: Indoor Trainer Sessions

During Term 2 and 3 we will have a CHS Zwift series. Check out the poster on the next page.

## Individual Coaching (outside of School)

Many of our top riders have sometimes employed the expertise of an external (non-school) coach to build them a training program. This recognises that it takes more than two trainings a week to become a top rider. Whilst riders are encouraged to establish additional training sessions it is Cambridge High School's policy that school training takes precedence. It is not acceptable to attend our scheduled trainings, give a limited effort and give the excuse of 'my other coach....' The best solution is that the two coaches work in partnership throughout the season and it is the rider's responsibility (not the coach's) to initiate this process.





CAMBRIDGE HIGH SCHOOL CYCLING

# CHS INDOOR CYCLING TEAM

JOIN THE TEAM TODAY



1. OPEN THE ZWIFT COMPANION APP.

2. ACCESS THE CLUBS PAGE BY COMPLETING ONE OF THE FOLLOWING:

- IF YOU'RE USING AN ANDROID DEVICE, SELECT THE ICON THEN SELECT CLUBS.
- IF YOU'RE USING AN IOS DEVICE, SELECT CLUBS IN THE BOTTOM NAVIGATION BAR.

3. SELECT ALL CLUBS.

4. YOU CAN SEARCH FOR A CLUB BY ENTERING **CAMBRIDGE HIGH SCHOOL CYCLING**

**TRAINING  
MONDAY  
5.30PM**

**RACING  
THURSDAY  
5.30PM**

# Responsibilities

<b>Teacher in Charge</b>	<b>Parents on Group</b>
Appoint and manage coaches	Arrange accommodation, food and logistics for all events as required
Appoint Captain of Cycling	Attend meetings throughout the year
Student discipline and School rules	Arrange fundraising and social events within the parameters set by the School
Attract new cyclists at start of year	Arrange adequate equipment and maintenance (trailer, wind trainers etc)
Arrange entries to School competitions	Support CHS cyclists at other events (Tours, club racing)
Manage the budget	Parents to look after fundraising
Provide regular and ongoing communication to the cycling community	
<b>Coaches</b>	<b>Captain of Cycling, Junior Captain of Cycling</b>
Coach the squad	Help to maintain a positive attitude amongst the squad and encourage teamwork
Make team selections and communicate selections to riders with the coaching panel	Organise social rides
Be available to give advice to riders on how riders can improve	Assist coaches to meet coaching goals and standards
Pre and post-race support for each team	Assist with activities at events and all races
Regularly communicate with the squad on training sessions	Provide help and guidance to new riders and get involved in teaching new riders
	Ensure riders are adhering uniform rules
<b>Parents</b>	<b>Riders</b>
Arrange transport to and from events	Ride and race to enjoy. Win if possible.
Get involved in fundraising events	Full participation at training
Read and reply to relevant emails	Ask coach for advice on how to get better, and be selected in a better team



Come train with boys (if you are able)	Be involved in creating a fun and friendly culture within the squad
Marshal at various events year	Adhere to School rules at all times
	Attend social events arranged by Captain(s)
	Attend School notice meetings, and inform parents about what is discussed
	Ensure that any non-school coach knows what the school coach is planning. If there is conflict then you should arrange for these two adults to talk to come to an arrangement for your best training interests

## Uniform

The appearance of our squad is important to the School. As such, there are strict expectations on what our riders should wear at cycling events.

### Uniform when racing

Cambridge High School skinsuit or road jersey with black shorts. Most riders will wear the skinsuit. Skinsuits are available for purchase from Jeff East. **Order in advance, sometimes the wait can be up to 6 weeks.**

### Uniform when not racing

Riders are expected to wear School tracksuit pants/shorts and a Cambridge High School cycling jacket or hoodie/t-shirt to events. It is also acceptable to wear a School jacket. Non-CHS gear is not acceptable at school and events.

### What to wear on the Podium

Cyclists can either wear their skinsuit OR CHS tracksuit pants/shorts with Cambridge High School cycling jacket or hoodie/t-shirt. CHS clothing is only to be worn for all prize winners. It is expected that riders leave their medal on their neck until returning to the group. Beanies, sun glasses, or other race wear is not to be worn on the podium.



# Road Race Requirements

## Get a Bike!

Options for first year riders:

CHS cycling has limited road bikes you can borrow

purchase a new bike (see list of stores)

purchase a second-hand bike, normally from Trade Me or through Bike Shelf (FB), at 50% or less of new retail price. If you are unsure what to buy there are plenty of people within the CHS cycling community who can offer great advice. Please don't hesitate to ask.

## Things to consider about buying a bike

**Bike Size** – consider (a) frame size to match rider's height, and (b) width of handlebars to match shoulder width, (c) allow for rider growth

**Bike Fit** – any newly purchased bike needs to be fitted to the rider by a bike mechanic. Basic saddle and reach adjustment required should be around \$50 or negotiate if bike purchased from store. As our young cyclists grow or if they feel uncomfortable on their bike a new bike fit is recommended

**Bike Type** - most brands have three types: endurance, race and aero. Race bikes are best for school racing

**Bike Frame** – aluminium or carbon. Although carbon frames are more expensive they are lighter, stiffer and have better bump absorption. Structurally, carbon bikes are as strong as aluminium but should be checked after any major impacts

**Bike Componentry** – three main brands are Shimano, SRAM and Campagnolo. Shimano is the most common. All brands have different price points for quality, eg; Shimano has Sora, Tiagra, 105, Ultegra and Dura-ace. 105 and Ultegra are the best value for money while Dura-ace is for the pros. Sora and Tiagra are great for a first bike

**Bike Wheels and Tyres** - Most entry level bikes will come with a basic wheelset which will be fine to start with and should be combined with a pair of all-conditions puncture proof tyres. All good bike shops will have suitable tyres, but if you are unsure about the tyres on your bike, feel free to ask a senior cyclist. Serious cyclists may have a separate set of race wheels and tyres

## Further bike equipment

**Compulsory:** Helmet (suitable for road cycling). **No helmet - no riding!**

**Compulsory:** Lights front and rear – good quality - the brighter the better. **No lights -no riding!**

High visibility training gear (ie: not black or navy)

Cleated shoes, which clip to the pedals – allowing greater power

Puncture repair kit consisting of a spare tube, tyre levers and pocket pump or CO<sub>2</sub> canister

Drink bottle – one to fit in to your bike's bottle holder





### Clothing – varies depending on the season

School cycling hi-viz vest – mandatory. This vest must be worn on all training rides. **No vest – no riding!**

Cycling jersey - with pockets in the back for mobile phone (in a plastic bag) and food

Bib shorts – cycle pants that have a padded chamois for comfort and (optionally) worn without undergarments

Gloves – fingerless gloves provide padding, but most importantly they protect your hands when riding or if you crash.

**Long fingered gloves are a must for mid-winter riding**

Arm warmers – tight stretchy sleeves with elastic on the ends to keep them up. They are more useful during colder weather

Cycling jacket or vest – a jacket or extra vest is ideal to keep the rider warm during colder rides.

Thermal undergarment – useful during winter events as well as mid-winter training rides

Booties – optional to cover cycling shoes in cold or wet weather

### Wind Trainers

It is highly recommended and encouraged that riders have their own wind trainer – one that fits their bike. Wind trainers are used for wet day rides and at races for warm up. Returning riders, second year and beyond are responsible for buying and transporting their own wind trainer to events. We recommend wind trainers be purchased from Bike Shelf or any of the places listed below - new or used.

### Gearing for school racing

When preparing to race in school cycling the combination of gears on a bike must be considered.

Ask your bike mechanic to set up the gearing to standards set for school racing. Having the correct gearing is vital, you may be disqualified or not permitted to race if you have the incorrect gearing. The correct gearing for age groups are:

U14/U15/U16 = 7.00m

U17 = 7.00m

U19/U20 = Open

TTT Juniors = 6.61m

TTT Seniors = 7.00m

Most decent bike mechanics will know exactly what you mean, but unless you ask for it you may not get what you need (and may not be allowed to race on race day).



Please note that gears will be checked before the start of each race. It is up to each rider to ensure his gearing is accurate, otherwise they may be disqualified from the race.

#### Local bike stores that can advise on bike and equipment purchases

Evo Cycles – Offers a 10% discount for CHS riders – Just say you are a CHS cyclist.

#### Useful cycling websites

<http://www.evocycles.co.nz>

<http://www.torpedo7.co.nz>

<http://www.probikekit.com/>

<http://ribblecycles.co.uk/>

<http://www.wiggle.co.uk/>

<http://chainreactioncycles.com>

<https://schools.cyclingnewzealand.nz>

<https://cyclingnewzealand.co.nz>

#### Buying and selling equipment

A useful Facebook group for buying and selling second hand equipment can be found at:

<https://www.facebook.com/groups/107641542730716/> or search for **'Bike Shelf'**.

#### Safety: What we expect from our riders to keep them safe

When you start cycling at Cambridge High School you will be taught safety rules which you are expected to adhere to each time you ride in the squad. Riders who break these rules could potentially be asked to stop riding with the squad.

A helmet (suitable for road cycling) must be worn when riding - compulsory

Obey the road rules and this means

Stop at red lights

Stop for pedestrians at pedestrian crossings

Do not ride across green pedestrian crossing lights

Never cross the centre white line

Keep left, and ride to the left-hand side of the lane

Bikes must be fitted with a front and rear light in good working condition

Read the Official Road Code for Cyclists -[www.nzta.govt.nz/resources/roadcode/cyclist-code](http://www.nzta.govt.nz/resources/roadcode/cyclist-code)

Train in BRIGHTLY COLOURED CLOTHING

Listen carefully to, and follow, the coach's instructions to avoid confusion and to keep safe

Cyclists must not ride more than two abreast at any time they are riding as a bunch on open public roads

Show courtesy to all other road users

When stationary, move off the road

Warm-up at an easy pace until you arrive at the designated meeting place

Carry a phone if you have one and contact your coach if you get into any trouble.

All cyclists must carry and know how to use a spare tube, tyre levers and pump or gas canister. All accidents must be logged with the TIC.



# Cambridge High

## BIKE SHOP DEAL

Riverside Adventures is excited to offer a 10% discount on all product and services to Cambridge High students. Bring in your student ID and come see the team at Riverside Adventures for all cycling and servicing needs!

### Student Deal:

**\$30** PRE-SEASON  
SAFETY CHECK

For only \$30 bring your bike in and get one of our qualified mechanics to check your bike is safe and ready to ride!

**CHECK:**

- Brakes
- Gears
- Tyre pressure
- Bolts



# Guidelines for Parents

As well as supporting CHS Cycling as a volunteer, we also require your support to help cyclists ride to the best of their ability. To help them give of their best, form their own identity and mature as a team, please consider the following:

Encourage your child to be prepared to perform for all training sessions and race days. This includes; eating and drinking correctly before and after, being punctual and getting enough sleep.

Resist the temptation to get involved directly in cycling team matters. You can speak to the Teacher in Charge for information if you have questions or concerns. Be prepared for the disappointment of your child missing out on a spot in his/her desired team or possibly losing a major race. The competition on the bike and within CHS Cycling is invariably very strong.

Recognise cycling for what it is - a physically and mentally demanding sport requiring supreme dedication. There is more than enough pressure on the bike so please make every effort to minimise it off the bike. Winning is the aim, but remember that the rewards come from what the cyclists learn along the way even if they do not realise it at the time.

Support any changes that may happen, they are always made with a lot of prior thought. Other factors have to be considered that are often outside the control of individual cyclists, such as the competition programme, the form and improvement of other cyclists.

**Team Managers** – Each team will be allocated a team manager for the season. Remember that your team manager is likely a fellow cycling parent who has volunteered their time. The team managers are put in place to assist with the organisation of each team. **Please do not go to your team manager with questions around the coaching or selection of teams.**

Please remember that our coaches and support crew are dedicating a lot of their personal time for the benefit of our athletes. They are all balancing their own work and family commitments with the needs of cycling. Flexibility and understanding will be required from parents from time to time to accommodate last minutes changes to training schedules. Trainings can be affected by; weather, illness or other events at the track and CHS





# Road and Track Cycling - Team Selection Criteria

A combination of the following factors will be taken into consideration in the selection of the School's teams:

- Selections will be made by the coaching panel. The selection panel may seek an outside opinion if required.
- Regular attendance shows commitment to the team and the squad and as such will be considered when teams are being selected. Selection does not require 100% attendance, however any absence should be rare and the coaches/TIC notified in advance
- Personal conduct and adherence to safety protocols will be noted
- The cyclist must display the ability to work as a team in training and competition
- An Individual Time Trial (ITT) will be used to evaluate individual strength. Please keep in mind that individual strength is NOT the only factor considered for a successful TTT cyclist
- Ability to perform in races, cycling technique, lapping technique and team dynamics are considered important in team selections
- The cyclist's performance and attitude at training will be taken into consideration but it is to be understood that most training is not a race. When asked to give it 100%, this is the time to impress the coach and TIC
- Racing the warm-up and warm-down period of the training session will not impress the coach
- All selected teams are subject to change throughout the season, depending on health, change in form and behavior
- The coach has final say on team selection
- The coach will consider advice and feedback from the TIC, Senior Captain and other senior riders when requested
- Consideration when selecting riders will take into account behavior on and off the bike.

When selections are made it is likely that some riders will be disappointed with their selection. It is the **rider's** responsibility (not the coach or parents) to initiate a respectful face to face discussion to find out why. Coaches are asked to be available to discuss selections, and offer advice as to how a rider can improve, but the rider must initiate this process. With many riders of similar abilities in the squad, the coach is sometimes required to make a 'gut feeling' decision. Fair and honest consideration is always used when selecting a team.

## Crossing Stage:

Criteria for crossing the stage:

### **Senior North Island TTT Champions**

Whole Team to cross stage

### **Junior North Island TTT Champions**

Captain / or representative to cross stage only

### **North Island Champions - Individual**

Individual gold medallists to cross stage

### **Premier National Team Champions**

Whole team to cross and remain on stage

### **Junior National Team Champions**

Whole team to cross stage

### **National Team Championships finish 2<sup>nd</sup> or 3<sup>rd</sup>**

Captain / or representative to cross stage only

### **National Individual Medallist (1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>)**

Individual to cross stage

Other individual achievements will be organised through the Director of Sport and the Headmaster.

## Process for Concerns

In the event of a concern regarding the team, a rider should firstly consider what part they can play in resolving the issue. Holding a quiet grudge can be harmful to the team's dynamic and talking behind someone else's back is disastrous for team morale. A decent person will have the courage to tactfully address the issue. Furthermore, the rider should ask themselves if they have any fault that needs resolving before blaming coaches, staff or other riders.

If an issue is larger than this, a rider or parent is welcome to approach the Teacher in Charge of Cycling (Jeff East). The Teacher in Charge has the final say on disputed matters. If unresolved the School's Director of Sport can be approached to resolve issues of a serious nature. The Director of Sport can report directly to the Principal and, the Principal in turn, the Board of Trustees.

## How to be considered for New Zealand Development Squads

Cycling is addictive and you may find that it's a sport you love. Cambridge School riders are encouraged to continue with the sport even after they leave School, or perhaps train at a higher performance level during their tenure at School. If you want to take cycling to the next level, more information can be found at <http://www.cyclingnewzealand.nz/>









0800 424 537 | [EVOCYCLES.CO.NZ](http://EVOCYCLES.CO.NZ)

\*Can not be combined with any other offer. Excludes, bikes, Sale and clearance items. Offer subject to change without notice. Expires 01/08/2023.

In association with



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High School

RECEIVE **10%** OFF  
YOUR PURCHASE\*

AVAILABLE IN THE CAMBRIDGE SHOWROOM  
TO MEMBERS OF THE CAMBRIDGE HIGH CYCLING TEAM

Discount available of product RRP, Terms and Exclusions Apply\*



# Nutrition

Cycling is a very physically demanding sport, so it is important to eat well so you are well fuelled at all times. Good nutrition is also vital to aid recovery.

## Nutrition during training

- Be prepared for your training with fluids, snacks and sun protection.

## Hydration

- Sip on icy cold fluids regularly. Try to drink as much as is comfortable and practical to replace most of your sweat loss.
- When sweat rates are high, use a combination of salty sports hydrate and water,
- Be prepared and bring your water bottle! You should not drink more than 1 litre per hour.
- Avoid sunburn. Sunburnt skin sweats less efficiently.

## Snacks

- 3 jet planes/banana/baked bar

## Recovery nutrition (post regatta or training)

For best recovery consume carbohydrate, protein and fluid. You should always have some recovery food in your training bag, to have straight after training. Flavoured milk is a favourite amongst cyclists!

- Replenish glycogen with carbohydrate
- Consuming carbohydrates during long duration (over 60mins) exercise and in recovery lowers stress markers in your body and boosts your immune system.
- Bowl of rice
- Banana on toast
- Pasta
- Rebuild your muscles with protein
- Adding sufficient amounts of protein to your recovery (within 30mins post exercise) helps repair your muscle tissue and boost your immunity.
- Eggs on toast
- Milk
- Tuna Rehydrate

Dehydration increases your stress hormone response and reduces your saliva flow. Saliva contains several antimicrobial properties that help to boost immune function. Saliva flow rate is reduced during exercise. Regular fluid intake during exercise can prevent this reduction in saliva flow. Drink cool/palatable fluids throughout your training sessions and in recovery.



## Fuelling for race day

### More than two hours between racing

- Eat a small meal that helps fuel for your race without leaving you feeling uncomfortable. 1-2 hours between racing
- Before racing eat a small meal high in good quality carbohydrates, moderate in protein and low in fat.
- 1-2 slices wholegrain bread or long roll with salad and chicken/beef/lamb
- 2 cups breakfast cereal (e.g. special K + banana + milk)
- 4-6 pieces of sushi
- Fruit smoothie (1 cup milk + 150ml yoghurt + 1 banana + berries) 30-60 minutes between racing
- Before racing include 'real foods' that are easily digested
- Baked bars
- Creamed rice and a banana
- 3 rice balls dipped in soy sauce
- Raspberry buns

### Less than 30 minutes between racing

Before racing eat foods that are rapidly digested from the gut

- 1 baked bar
- 1 glass juice
- 3 glucose lollies (e.g. jet planes/snakes)
- Handful of fruit (e.g. bananas/dates) Hydration
- Keep well hydrated on and off the water
- Always start exercise well hydrated
- Carry a water bottle with you at all times (this includes when you are walking around the venue!)
- Drink when you are thirsty
- Drink 500-750ml in the 2 hours before racing
- Monitor your urine colour
- Electrolytes (such as Replace) can be helpful with hydration, particularly on hot days
- Keep drinks cold: Freezing drinks the night before and using ice where possible is a great idea.
- Caffeine increases your urine production which results in fluid loss. You can drink coffee to hydrate but not caffeinated energy drinks. Water, milk, sports drinks and cordial are all more effective for hydrating.





# Coaching and Training

To be successful at cycling, a combination of fitness and technique is required – the fitter the cyclist is, the better the results they will achieve. The coaches put together programmes to ensure the cyclists are extremely fit and technically competent.

## **Our cyclists train in three locations:**

Cambridge Roads

Grassroots Trust Velodrome –

The School – we use the gym facilities and indoor trainers

Schedules do change and the coaches will advise the cyclists. The cyclists themselves are responsible for ensuring they get to training on time (i.e. arrange transport) and are prepared to train. Coaches are very strict on timing – if one cyclist is absent the entire team may not be able to train. Every member in a team has a crucial role to play and a team is let down if cyclists are missing – it is not like other sports where the team can still train fully if members are absent. All training sessions, will be on rain or shine so please always attend. Cyclists should bring enough clothing, shoes, food and water to cover all eventualities, as it can get very cold during the ride. Full commitment to attend every training session is essential. Timing of trainings may change, in which case the cyclists will be advised via Facebook.



# Selection Policy

## Policy

Cambridge High School Cycling's vision is to grow and develop our young adults through the sport of cycling, in a fun and enriching environment, that inspires cycling for life, and provides opportunities for all including providing a pathway for our most talented cyclists.

When selecting teams for events, coaches will aim to have all cyclists competing in 2 events. This is not always possible and will sometimes result in cyclists competing in 1-3 events. There are several factors that coaches need to consider when putting teams together, which include entry restrictions, event clashes and number of events for other team members.

All members of the cycling squad who complete the training programme successfully will be given the chance to race. It is expected that all members will attend all prescribed training sessions, events and competition as listed in the yearly calendar.

The pinnacle races of the season are the North Island Secondary School Championships and the National Schools Championships. All cyclists will compete at these competitions, while only a selected squad will compete at the Nationals.

Teams will be selected based on performance and with the selection process outlined below.

To be eligible for a place in a team and for selection, a cyclist must complete all races and training satisfactorily. Absence from a prescribed training or race is only permitted with prior permission.

## Process

The process of selection is continuous throughout the season and is led by the Coach with input from the rest of the coaching panel. There are two main steps in the process; the formation of teams AND the selection of teams to attend the races.