



Baradene Cycling Club (BCC) is open to students from Years 7-13 who would like to give cycling a go. BCC is about fun, safety and performance.

All students are welcome to come along to our Learn to Ride sessions, where we teach road cycling in a safe environment. No specialist gear is required, just a road worthy bike and helmet. Cycling is a great way to meet and make new friends both in your year and other years at school. The Learn to Ride sessions are mandatory if your daughter wishes to participate in cycling.

BCC is a successful club in New Zealand Secondary School's cycling winning the Top Girl's Secondary School trophy at the North Island Secondary Schools and the Year 7/8 Grade for National Cycling Champs in 2023. Our coaching team is led by the Head Coach, Paul Leitch. Paul has been associated with Baradene for over 15 years and has been instrumental in the building of this success. As an Olympian and Commonwealth medalist and now a professional coach, we are very fortunate to have Paul in charge.



# What to Expect

## New Parent Information Evening

We will be hosting a new parent information evening at the school on **Thursday 15<sup>th</sup> February at 7pm**. This is an opportunity to learn more about the club as well as being able to have any questions answered.

## Learn to Ride

Learn to ride (LTR) program is for all new riders and is designed to ensure that all riders have the necessary skills and understand bike safety. LTR is a 10-hour course run over 5 Sunday mornings (10am). No specialist equipment is needed for this program, just a road worthy bike and helmet. It is a good chance to see what cycling is about before committing, and is mandatory to be able to participate in the cycling programme.

For 2024, the LTR program is scheduled for the following dates:

- **25 February** – Learn to Ride 1,
- **3 March** – Learn to Ride 2,
- **10 March** – Learn to Ride 3,
- **17 March** – Learn to Ride 4,
- **24 March** – Learn to Ride 5
- **Reserve day 7 April**

## Cycling Camp

The cycling season runs throughout Terms 2 and 3, and begins with the cycling camp. This year the camp will be held on the weekend of the 26<sup>th</sup> – 28<sup>th</sup> April in Cambridge. It is expected that all riders (and a parent) will attend the camp. This is a great opportunity for the girls to meet the other riders from other years in the club and for new parents to learn more about the club, meet the coaches and other parents.

## Trainings in Terms 2 & 3

For new riders training will be as follows

- Tuesdays afterschool spin session – This is run by the Head Coach, Paul Leitch
- Thursday morning rides (before school)
- Saturday morning rides

We understand that the girls have other sporting commitments and may not be able to attend all of these sessions. The sessions are not mandatory but attendance will help the rider to improve. For the Thursday and Saturday morning cycles parents are welcome /encouraged to join the rides.

## Racing

There are a number of races and competitions during the cycling season. BCC will send out a calendar of events at the start of the season, however the main races that the girls will be involved in are outlined below:

- *Time trial series (Pukekohe Park Raceway or Otatau – 12, 26 May, 16 June, 28 July, 11 August and Finals Day – 25 August)*
- *Points Race (Venue TBC – 9 June)*
- *North Island Secondary School Cycling Champs (Cambridge, 6/7 July)*
- *Northern Tour (Mt Wellington, 31 August – 1 September)*
- *National Cycling Champs (Timaru, 29 September – 1 October)*

## Cost

Baradene Cycling Club Fees – for 2024 these will be approximately \$600 with discounts for second/third family members. The fee includes coaching and entry fees for main racing events. Accommodation/transport for overnight events is an additional cost.

## Equipment

Usually at the start of the cycling season there are a number of secondhand bikes for sale from Baradene riders who have outgrown their bikes. These are ideal for younger riders as they will already be set up correctly, usually have been well serviced, and it is a great way to get into cycling without the outlay for a brand-new bike.