

# BARADENE CYCLING CLUB

## Fun, Safety & Performance

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 having great success at Regional, North Island and New Zealand Secondary Schools Championships. Our coaching team is led by the Head Coach, Paul Leitch. Paul has been associated with Baradene for over 20 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.



Baradene College  
of the SACRED HEART



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## What to Expect?

### New Parent Information Evening

We will be hosting a new parent information evening at the school on **Wednesday 11th February at 7pm**. This is an opportunity to learn more about the club as well as having any questions answered. We strongly encourage you to attend. To get a sense of Baradene's Cycling programme and the opportunity it offers view the short video on (sports/cycling page link) prior to the Information Evening

### 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 (9am). 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.

The LTR program for 2026 is scheduled for the following dates:

- 15 February – Learn to Ride 1, Baradene
- 22 February – Learn to Ride 2, Baradene
- 1 March – Learn to Ride 3, Stonefields
- 8 March – Learn to Ride 4, Airport Oaks
- 15 March – Learn to Ride 5, Airport Oaks
- Reserve day 22 March

### Cost

Learn to Ride sessions cost \$50. This will be deducted off the annual Cycling fees if your daughter continues with Cycling.

### Cycling Camp

The cycling season runs throughout Terms 2 and 3 and begins with the cycling camp. This year the camp will be held in Cambridge, arriving the afternoon of Friday 17<sup>th</sup> April and departing Sunday 19<sup>th</sup> April. 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 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 Otaua – 3, 17 May, 7 June, 26 July, 9 August and Finals Day – 23 August)
- Points Race (Pukekohe Park Raceway – 14 June)
- North Island Secondary School Cycling Champs (Cambridge, 4/5 July)
- Northern Tour (Mt Wellington, 5/6 September)
- National Cycling Champs (Palmerston North, 27-29 September)

## Cost

Baradene Cycling Club Fees – for first year riders these are \$700. 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.

