



# AUCKLAND GRAMMAR SCHOOL

## Cycling Guide Book 2023

---

Click [here](#) to register online and [here](#) to access the School's Cycling website  
College Sport Auckland Cycling Page <https://collegesport.co.nz/sports/cycling/>  
Contents

# Contents

<b>INTRODUCTION</b>	<b>4</b>
<b>WE ARE THE GRAMMAR HAMMER</b>	<b>5</b>
<b>VALUES AND RULES</b>	<b>5</b>
3 Fundamental rules when riding with the Grammar squad.....	5
Requirements of being a good sport .....	5
Student Driven Vehicles .....	6
Code of Conduct.....	6
School Discipline .....	7
Supplements .....	7
<b>COMMITTING TO THE SQUAD</b>	<b>7</b>
Registration .....	7
Subscription Fees .....	7
Age Grades.....	8
Overview of the season ahead .....	8
<b>CYCLING CALENDAR</b>	<b>9</b>
List of School cycling events .....	9
Pre-season camp .....	10
Non-School Cycling Events .....	11
<b>TRAINING SCHEDULE</b>	<b>13</b>
<b>EDUCATION OUTSIDE THE CLASSROOM - EOTC</b>	<b>14</b>
<b>STRUCTURE OF THE CYCLING SQUAD</b>	<b>15</b>
School Staff .....	15
Coaches.....	15
Captains .....	15

Buddy Network .....	15
Communications .....	15
Responsibilities .....	16
<b>PARENT INVOLVEMENT</b>	<b>17</b>
Parents' Committee .....	17
<b>UNIFORM</b>	<b>18</b>
<b>RACE REQUIREMENTS</b>	<b>20</b>
Get a Bike! .....	20
Further bike equipment .....	20
Clothing.....	21
Wind Trainers.....	21
Gearing for school boy racing.....	21
Buying and selling equipment .....	22
<b>FUNDRAISING</b>	<b>24</b>
<b>TEAM SELECTION CRITERIA</b>	<b>25</b>
<b>SCHOOL AWARDS AND PHOTOS</b>	<b>25</b>
Colours Awards .....	25
Rep Jacket .....	26
Prizegiving Awards .....	27
Crossing Stage .....	27
<b>PROCESS FOR CONCERNS</b>	<b>28</b>
<b>HOW TO BE CONSIDERED FOR NEW ZEALAND DEVELOPMENT SQUADS</b>	<b>29</b>

## Introduction

Welcome to the 2023 season of Cycling at Auckland Grammar School. I am looking forward to what will hopefully be a relatively full and complete year of racing once the worse of Omicron has passed.

I know that we have many boys returning to the squad again this year and they will be able to capitalise on their strength, skills, knowledge and experience to build upon the successes of 2022, as well as guide, support and mentor all the new riders to the squad.

The Grammar Cycling team achieved fantastic results last year. We dominated the Points race at the beginning of the season in Term 2 which was followed by various wins throughout the Auckland Team Time Trial Series, including the Senior A team winning Gold for the overall championship in their grade. The squad continued with the winning streak with numerous wins at the North Island School Road Championships in Cambridge, which truly showed our dominance. The Grammar Hammer comfortably 'pedalled' away with the Top Boys School trophy. It was exciting and exhilarating to be part of a dedicated and strong squad.

If you are a new rider and want a piece of this excitement, then there's a lot of hard work involved, but it's worth it! I won't lie, there will be mornings when the desire to get out from beneath the comfy covers of your bed to ride in the cold and dark won't be there, but just remember the friendship and camaraderie you will build by being part of the Cycling team.

The 2023 calendar will be full of events and races and the squad knows that it takes a strong and dedicated team culture to be successful. Not only do the boys need to work hard but the support that comes from the coaches, parents and families is also invaluable.

Auckland Grammar Cycling wouldn't be successful without the backing from parents getting involved. Whether it be out on the road, marshalling at an event, cooking on the BBQ, helping with fundraising, towing bikes from race to race or being the loudest and most enthusiastic fan on the side-line, we couldn't do it without your support.

The purpose of this Guidebook is to share an overview of the season and offer practical advice for the many parts of cycling that people just assume everyone else knows. Further information will be provided as the season progresses.

I would like to wish all our riders the very best for the season ahead. Everything done behind the scenes is done to provide you with the best opportunity to be the best rider you can be. Train hard, train honestly and make the most of your riding ability, but importantly, have fun. To quote the legendary Eddy Merckx: "Cyclists live with pain. If you can't handle it, you will win nothing".

*Jonathan Fry  
Master in Charge, Cycling*

## **We are the Grammar Hammer**

The Auckland Grammar School 'Grammar Hammer' has a strong history of success in cycling.

We have won countless Auckland Team Time Trial titles and the National Team Time Trial race 25 times. In 2022 we dominated at the National Schools Team Time Trial series with both Senior A and Junior A teams winning.

Each year, many of our riders' podium in events, not only with the team from Grammar, but also as an individual racer.

Cycling at Grammar is well supported by parents and the School and is enjoyed by all those who participate.

Several old boys have progressed to higher honours including several professional riders, Commonwealth Games athletes and Olympians.

Being in the Grammar Hammer do not guarantee that your son will be a success, but it does allow him the opportunity to follow a well-pedalled path toward success if he gives it 100%.

The Grammar Hammer is proud of the culture and spirit that has been built within the squad.

## **Values and Rules**

### 3 Fundamental rules when riding with the Grammar squad

1. No hi-viz vest – no riding
2. No lights (front and rear) – no riding
3. No helmet – no riding

The School's hi-viz vest must be worn on all training rides and is a compulsory item. It is not required to be worn at races.

### Requirements of being a good sport

- Focus on riding to your potential and play within the rules
- Always wear the correct Grammar 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 Master in Charge
- Never take the law into your own hands
- The School and/or governing body of the sport will view foul play seriously

## Student Driven Vehicles

Form 6 and 7 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 camps.

We remind parents and our young men 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. The School's Rules on students driving motor vehicles may be read at <https://www.ags.school.nz/at-grammar/school-rules>

## Code of Conduct

- Auckland Grammar 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 for racing but it is not a requirement to wear the skinsuit at training
- Riders wanting to wear the School skinsuit in club or individual races, must conduct themselves in a manner that upholds the reputation of Auckland Grammar School
- The Senior A premier suit is a privilege earned and as such no other rider is permitted to wear the Senior A speed-suit
- 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 Master in Charge prior to racing
- Race related issues, including rule challenges, must be directed to the Master 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

More information on the Code of Conduct can be read on the School Website: <https://www.ags.school.nz/at-grammar/sports/code-of-conduct/>

For further school cycling rules, please refer to Cycling New Zealand Rules for School Cycling: (<https://schools.cyclingnewzealand.nz/assets/Uploads/Organisation-Documents/Cycling-New-Zealand-Schools-Rules-at-1-January-2023.pdf>)

## School Discipline

Cycling is part of the School's educational programme, therefore while boys 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 Auckland Grammar 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 boy home from a race or camp will be made by the Master 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 School Rules can be found at: <https://www.ag.s.school.nz/at-grammar/school-rules>.

## Supplements

Auckland Grammar School has a strict stance on supplement use by students. Auckland Grammar School strongly opposes the use of "performance-enhancing" supplements for the purpose of obtaining a competitive advantage.

Auckland Grammar School promotes a clean and healthy stance of all aspects of a student's sporting life and believes that long-term athletic performance and development is more important than short-term success.

## **Committing to the Squad**

Before committing and riding with the squad, riders must complete the online registration form, the EOTC documentation and pay the annual subscription.

### Registration

Registration will be completed [online](#). Please register and confirm your son's details. Parent details are also collected during this registration. The online registration can also be accessed on the Auckland Grammar School website: <https://www.ag.s.school.nz/sports/cycling/>

New and returning riders must complete the online registration. Click [here](#) to register. Registrations need to be submitted by the end of Term 1.

### Subscription Fees

Cycling subscriptions for 2023 are set at \$345 for Seniors and \$305 for Juniors. This subscription fee covers a percentage of race entry fees and coaching. The School also contributes to costs.

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 at [accounts@ags.school.nz](mailto:accounts@ags.school.nz)

Subscriptions do not cover additional transport, accommodation and food for 'away trips'. These costs will be charged separately prior to each event through the Parent Portal.

### 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.

Age Category	Requirement for 2023
Under 14	Riders must have had their 13th birthday between 1 Jan and 31 Dec (inclusive) 2023
Under 15	Riders must have had their 14th birthday between 1 Jan and 31 Dec (inclusive) 2023
Under 16	Riders must have had their 15th birthday between 1 Jan and 31 Dec (inclusive) 2023
Under 17	Riders must have had their 16th birthday between 1 Jan and 31 Dec (inclusive) 2023
Under 20	Riders must have had their 17th, 18th or 19th birthday between 1 Jan and 31 Dec (inclusive) 2023

### 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 at [accounts@ags.school.nz](mailto:accounts@ags.school.nz)

Item	Co mp uls ory	Op tio nal	Sch ool sho p	Cost per rider
Annual Subscription	✓ ✓			Junior: \$305 Senior \$345
Pre-season camp details to be confirmed. Pre-season camp – group road rides, skills, goals, team building activities		✓		Approx \$150



North Island Schools Road Championships in Cambridge. Accommodation and meals at St Peter's School, Cambridge	✓			Approx \$300
National Road Championships in Fielding. Accommodation and meals at Distinction Coachman, Palmerston North	✓			Approx \$700-900
Grammar Skinsuit	✓		✓	\$260
Hi-Viz Cycling Vest Compulsory for ALL riders	✓		✓	\$110
Senior Premier Speed-suit (Senior A only)	✓		✓	Subsidised to \$240 (down from \$390)
Grammar Track Pants	✓		✓	\$80
Grammar Jacket	✓		✓	\$100
Grammar School Cycling Jacket		✓	✓	\$235
Grammar Hoodie		✓	✓	\$65
Grammar Navy Polo		✓	✓	\$67
Blazer hire for #1's		✓	✓	\$10 (week), \$5 (day)
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 compulsory School cycling events (with details following the table). All riders of the squad are expected to compete in these events.

### List of School cycling events

Event	Number of days	Dates	Compulsory AGS Event	Highly recommended	Registration	Transport
Pre-season Camp	2 days / 1 night	18/19 Mar		✓	AGS	Parents/AGS
Grass Tracks	1	5 Apr	✓		AGS	Parents
TTT #1	1	30 Apr	✓		AGS	Parents
TTT #2	1	14 May	✓			
TTT #3	1	28 May	✓			
TTT #4	1	11 Jun	✓			
Points Race	1	25 Jun	✓			

TTT #5	1	30 Jul	✓			
TTT 6 & Finals Day	1	20 Aug	✓			
North Island Schools Road Championships	3 days / 2 nights	30 Jun-2 Jul	✓		AGS	Parents/AGS
North Island Schools Track Championships	2 days/ 1 nights	4-5 Jul	4-5 Jul	4-5 Jul	4-5 Jul	4-5 Jul
Northern Tour (Auckland)	2 days	2-3 Sep	✓		AGS	Parents
National Schools Road Championships	5days / 4 nights	21-25 Sep	✓		AGS	Parents/AGS

### **Pre-season camp**

*18/19 March*

A pre-season camp for all riders. This is a chance to get the squad together and prepare for the season ahead with ride sessions and team building activities. It's designed to be fun and interactive for all riders and is also a great way for all riders to get to know each other.

Parents will be asked to transport their sons to camp on Saturday and pick them up on Sunday afternoon. Any boys who require transport should contact the Master in Charge.

### **Grass Track Races – Norman Carter Challenge and Caulfield Cup**

*5 April, Top Field, Auckland Grammar School*

The first event of the cycling season, and it is a classic. 2023 will be the 104<sup>th</sup> time the Norman Carter Cup has been run. The Norman Carter Cup is the oldest cup presented at Auckland Grammar School and is awarded to a senior rider who can ride the 2-mile grass track the fastest.

The junior squad will also have the opportunity to contest the Caulfield Millennium Cup on the 2-mile track. The races will be held at lunchtime on the top field. The trophies are presented to the winner at the end of year Prizegiving ceremony.

### **Auckland Secondary School Team Time Trial Series**

*Term 2 and Term 3 Aka Aka*

The TTT (Team Time Trial) series is a 6-race event that determines the Auckland School Championship. The squad will be divided into senior and junior teams of 4-5 boys in each team. Teams race over the required distance for their grade aiming to make the fastest time. Points are awarded for each race in the series and the overall winner takes the prize.

## **North Island Schools Road Championship**

*1-2 July, Cambridge*

A 2-day event hosted in Cambridge in which riders compete in a Road Race, Team Time Trial and Criterium event. The full squad compete to contribute to the Overall Best Boys School competition.

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

Directly after the Road Championships the North Island / National School Track Championships is held on 4- 5 July at the Velodrome in Cambridge.

## **Northern Tour**

*2-3 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**

*23-25 September, Fielding (depart 21 September)*

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.

The Sir Bernard Fergusson trophy is up for grabs for the fastest senior team in the Team Time Trial and the Paul Matthews Cup for the junior team time trial champions. Age group Road race and Points race also offers a chance for a national champion title. The H.A Joli Cup for Best Boys School is awarded to the school with the most cumulative points across the 3 events with every rider in a top 10 placing contributing towards the school total.

Accommodation is arranged for staff, riders and coaches at the Distinction Coachman Hotel. It is recommended that parents book their own accommodation in and around Palmerston North or 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 Grammar 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 Auckland Grammar School.

# **Training Schedule**

## **Learn to Ride - Safety and Skills Sessions – Term 1**

New cyclists to riding will start training in Term 1 with the safety and skills Learn to Ride sessions. The purpose of these training sessions is to upskill riders with the basics before the full training schedule starts in Term 2.

## **School Coaching Sessions – Term 2 and Term 3**

Junior and Senior squads have separate coaching staff and programmes. The location for training varies but is close to the School. Timing and start locations will be made available prior to each training session.

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

Parents who are available to ride on the early morning training sessions are encouraged to come along. Often the coach needs the extra help in getting the boys organised for certain efforts on the ride.

## **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 Old Gym 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.

## **Core/Strength Training Sessions**

A core training session is run free of charge to the entire squad once a week. The purpose of these sessions is to gain core strength. All riders are encouraged to attend this session in the Old Gym to assist them with their personal strength and skills when on the bike.

## **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 programme. 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 Auckland Grammar 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.

## Education Outside the Classroom - EOTC

The School must now keep a higher level of compliance for EOTC. As such, riders will not be eligible to compete for the School without completing the relevant permission slips for all events, which the MIC/School registers you for. An EOTC form pack will be available at the start of the season. Parents can sign several consents at one time.

In addition to this, all volunteers need to complete a Police vet before having contact with students. This is not a new process, and anyone who has worked/volunteered as part of any School sport will have submitted this.

- If you have not already completed a Police Vetting process, please email John Blyth, Deputy Headmaster HR – [j.blyth@ags.school.nz](mailto:j.blyth@ags.school.nz) and he will take you through the Police Vetting process
- If you need to check whether you have already submitted a Police vet, please communicate directly with Mr Blyth.

As we get closer to race events, relevant and up to date health and safety information will be provided.

# Structure of the Cycling Squad

## School Staff

Jonathan Fry                    [j.fry@ags.school.nz](mailto:j.fry@ags.school.nz)                    021 02722327 (MIC)

## Coaches

Roman van Uden                [romanvanuden@gmail.com](mailto:romanvanuden@gmail.com)                027 3138803 Senior  
Junior coach to be announced

## Captains

Senior – TBA


Junior – TBA

## Buddy Network

A Buddy network is set up by the senior riders within the squad. The idea around this is that a senior rider is paired with a junior or new rider and works with them throughout the year as their key contact/mentor/guide. The senior riders have vast knowledge and experience and are able to help the newer riders particularly in the lead up to events and races. The buddy system is also helpful when it comes to anything about the bike, kit, nutrition and more.

## Communications

The Grammar Hammer uses the platform TeamReach for all communications throughout the year. All current riders MUST join this group and parents of current riders are also encouraged to join. The TeamReach app allows us to keep you up to date with calendar events, allows group messaging, direct messaging and photo/video uploads.

You can access  via your Apple App or Google Play Store on your mobile. You will need to enter the code: **AGSGH**

## Responsibilities

<b>Master in Charge</b>	<b>Parents on Committee</b>
Appoint and manage coaches	Arrange accommodation, food and logistics for all events as required
Appoint Captain of Cycling	Arrange Cycling Camp – (Preseason, North Islands, and Nationals)
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 Grammar cyclists at other events (Tours, club racing)
Manage the budget	Attend regular meetings throughout the season
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	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 pre-season Camp and all races
Regularly communicate with the squad on training sessions	Provide help and guidance to new riders and get involved in Learn to Ride sessions
	Arrange #1's where required. Ensure riders are adhering to grooming and uniform rules
<b>Parents</b>	<b>Riders</b>
Arrange transport to and from events	Ride and race to win
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

## Parent Involvement

Parents are warmly invited to be involved in the cycling community. Without the help of parents our young men would be deprived of the opportunity to achieve their full potential. This squad will not work without your involvement. At first, this may seem daunting but rest assured that involvement gets easier as parents get familiar with the roles they undertake.

Every team has a captain and their parent is responsible for checking race transponders, numbers, lights and to accompany the team to the start to collect warm clothing before the race.

Auckland Grammar Cycling is required to provide marshals at all events. If we do not provide marshals we are penalised competition points. At the start of the season roles will be allocated, and it is the role of the parent to arrange any changes. Please notify [Doug Barclay] of changes.

For the North Island and National competitions, the cyclists can attend without their parents, as they can travel in a School van or bus and are well looked after. Parents are encouraged to arrange their own travel and accommodation to away events. Please contact Duncan Turnbull for any tips/advice.

This year you might consider involvement and:

- come ride with your son once a week/fortnight to help the coach keep your son safe. Parent riders are welcome. Please discuss this with the MIC or coaches to see how you can help
- marshal at a race event
- tow the trailer to an event
- flip bacon on the BBQ grill to help fundraise for the squad
- get involved in running a fundraising activity
- get involved mustering the boys on race days
- help arrange events outside of the school race programme for your son and others

Thank you in advance for your support this season.

### Parents' Committee

The purpose of the Parents' Committee is to support the Auckland Grammar School Cycling

Squad by organising many of the cycling activities throughout the year. The members are a group of keen parents who help give direction to the squad and help others get involved in the scene.

Members of the parents committee for 2023 are:

Duncan Turnbull	<a href="mailto:duncanandmei@gmail.com">duncanandmei@gmail.com</a>	021 2677731
Tim Pawson	<a href="mailto:tim@prv.co.nz">tim@prv.co.nz</a>	021 4866285
Doug Barclay	<a href="mailto:douglas_barclay@hotmail.com">douglas_barclay@hotmail.com</a>	022 6197284
Camillo Spath	<a href="mailto:camillo@xtra.co.nz">camillo@xtra.co.nz</a>	021 732921
Nicole Wyllie	<a href="mailto:thewylliefamily@gmail.com">thewylliefamily@gmail.com</a>	027 4783700
Shelley Watson	<a href="mailto:shelleywat@gmail.com">shelleywat@gmail.com</a>	021 1776290

## 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 (A)

Auckland Grammar School skinsuit or speed-suit. Most riders will wear the skinsuit with a single stripe. Senior A riders have a special high-tech speed-suit. Skinsuits are available for purchase from the School Shop.

### Uniform when not racing (B)

Riders are expected to wear School tracksuit pants and an Auckland Grammar School cycling jacket or hoodie to events. It is also acceptable to wear a School jacket. Non-Grammar gear is not acceptable at events.

### What to wear on the Podium (C)

#1's is to be worn for all prize winners. This includes a white shirt, School tie, black belt, black trousers, black School shoes and a School blazer. Blazers are available from the School Shop.

It is expected that riders leave their medals on their neck until returning to the group. Beanies, sun glasses, and other race wear is not to be worn on the podium.

### Hi-Viz Cycling Vest (D)

This vest helps a rider show his true colours whilst training. It has a reflective back, rear pockets, a full front zip and distinctive Auckland Grammar School styling. This vest is available from the School Shop. **This hi-viz vest must be worn on all training rides and is a compulsory item.** The vest does not need to be worn at races.

## Auckland Grammar School Cycling Jacket (E)

This smart and functional jacket is available for sale in the School Shop for \$235. The jacket features a reflective back, rear pockets and classic Auckland Grammar School styling. This jacket is optional.



# Race Requirements

## Get a Bike!

Options for first year riders:

- a) purchase a new bike (see list of stores)
- b) 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 Grammar 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 your bike is purchased from the store. As our young men 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 boy 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!**
- Cleated shoes, which clip to the pedals – allowing greater power
- Puncture repair kit consisting of a spare tube, tyre levers and pocket pump or  $CO_2$  canister
- Drink bottle – one to fit in to your bike's bottle holder
- Riding glasses – optional, but helpful

## 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!** The hi-viz vest can be purchased from the School Shop. This vest is compulsory for ALL riders
- 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. The School’s hi-viz vest must be worn over the top on all training rides
- Thermal undergarment – useful during winter events as well as mid-winter training rides
- Jacket – keep warmth in and cold/wet out. Auckland Grammar School cycling has one for sale in the School shop. During training rides, this must be worn under the School hi-vis vest
- 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 boy racing

2023 Schools Cycling rules have changed, the major changes are: No gearing restrictions

- Carbon wheels are allowed with maximum rim depth of 55mm
- U17 or below = 7.00m Track Cycling Only

Local bike stores that can advise on bike and equipment purchases

- MEC - Mount Eden Cycles – Mount Eden Road
- Kivivelo - Barrys Point Road, Takapuna
- Cyco – New North Road
- Evo Cycles

Mount Eden Cycles (MEC) proudly support Auckland Grammar School Cycling. Mt Eden Cycles offers 10% off to all Auckland Grammar Cycling riders only. MEC offer a full range of Specialized Bicycles and a wide range of services. They have highly qualified and skilled bike

experts on hand to help fit you with the right bike. MEC are conveniently located at 66 Mt Eden Road, Mt Eden. Ph: 09 630 1201.

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 Auckland Grammar 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
- During training rides, the School's hi-viz vest must be worn – compulsory. **This hi-viz vest must be worn on all training rides and is a compulsory item.**
- 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

After squad training with the coach, all cyclists must re-group to ensure everyone made it back safely. After this, you are free to make your own way home but must continue to ride sensibly and represent the School responsibly.

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 MIC.

Nutrition when riding

The following are guidelines and suggestions only:

### *Before*

The key is to keep it simple. You want to stick to a normal balanced meal before going for a ride, something like:

- Low-glycaemic carbohydrate (slow burning carbs such as Vogels, Burgen or Molenberg breads, rolled oats, All-Bran, pasta, corn, carrots, apples, basmati rice, chickpeas or Quinoa)
- Avoid anything greasy, or with lots of sauce, as these can make you feel a bit sick while riding
- Stay away from the high sugar foods to avoid blood sugars crashing

### *During*

Again, the key is to keep it simple:

- For every hour of riding you should try to drink one bottle of water (500-750 ml)
- Some sort of carbohydrate like an energy or muesli bar, energy gel, a banana or even a piece of fruitcake

### *After*

Think of your body like an engine, after working for a while it needs more fuel, and you want to make sure you put the best fuel into the engine. The first 20 minutes after a ride is known to be the optimal refuelling period to help regenerate the muscles. Some recommendations are:

- have a balanced healthy meal with some carbohydrates (think potato, rice, pasta) some protein (meat, tofu etc.) and a good serving of vegetables. Good fats, not bad fats
- have a milk-based drink, a whey or soy protein enriched smoothie is fast to make and an ideal option
- re-hydrate after training or a race, as this helps to reduce fatigue and aid recovery

A good engine can't run well on greasy fuel or if it's not refilled nutritionally.

## **Fundraising**

The Parents' committee arranges fun events throughout the year, which often double as a fundraising event. Previous events have included the Captain's Run, Curry Night & Auction, Wine Tasting Evening, Movie Nights, School Sausage Sizzles and selling samosas. New ideas are very welcome so please share these with other parents to help get the ball rolling. The events for 2023 will be advertised throughout the season.

Please support our organised events to raise money to support the team to attend and compete at the North Island Schools Road Championships and Nationals. Funds are also used to provide new equipment for the squad to assist them in training and racing.



## Team Selection Criteria

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

- 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/MIC 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 MIC
- 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 behaviour
- The coach has final say on team selection
- The coach will consider advice and feedback from the MIC, Senior Captain and other senior riders when requested

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.

## School Awards and Photos

Various awards can be awarded to students throughout the year as they participate in cycling.

### Colours Awards

A Colours award is the premier award for an athlete at Auckland Grammar School and is awarded to an elite sportsman on an annual basis. We respect that in team sports it takes a team to win, but the colours process does not purport to celebrate team success, or team leadership, rather it acknowledges individual sporting prowess.

2023 – two cycling Colours recipients were: E.W Pawson 7C and A.J Norwell 7C1.

Criteria:

- The student must represent Auckland Grammar School in a competition or event(s) in 2023
- The Student is in Form 5 or above
- If applicable, the student should have gained representative or regional selection at Under 17 or Under 19 level
- The student's attitude and discipline on the road during the season has been exemplary
- The student has performed to the best of his ability in the classroom and has been a role model around School at all times
- The Colours Committee may consider an applicant who does not qualify from the above criteria on an individual basis
- The student has maintained an acceptable and justifiable attendance record

Rep Jacket

The Auckland Grammar Rep jacket symbolises the highest level of achievement within a premier sporting code at Auckland Grammar School. The jacket is also a symbol of the values, commitment and attitude expected of all students and is awarded to a premier sportsman.

Criteria:

1. Premier Sports sanctioned by College Sport (within a regular season)

A student must have played in 7 or more games during the regular season. Included are the School's Traditional Fixtures

2. Sports which have multiple, one off events during a school year

A student must have participated in the sport of their choice, at the senior level, throughout the season culminating in participation at the National or North Island equivalent Championships

3. One off Events

A student must have competed for 2 years, at the senior level, in the highest competition level available (National or North Island Championships)

- Forms 4 – 7 students are eligible to be awarded a rep jacket
- There is an expectation that the values, commitment and attitude mentioned above is consistently demonstrated across all aspects of School life
- All requests for Rep Jacket purchases must be approved by the Director of Sport adhering to the criteria. The Headmaster reserves the right to award/remove a rep jacket
- Requests that do not fall into the 3 categories must be presented in a written format to the Director of Sport (in consultation with the appointed Rep Jacket committee) for consideration
- The jacket may be worn by students as an alternative to the School jacket

## Prizegiving Awards

The following awards are presented at the end of year Prizegiving ceremony:

Craig Steele Trophy

Inspirational School Commitment and Personal Achievement

### **Justin C. Blackburn Memorial Cup**

Sportsmanship, Loyalty and Effort

### **Norman Carter Challenge Cup**

2-mile Grass Track Championship – Senior

### **Phil Robinson Cup**

Most Improved Senior Rider

### **Ben Hamilton Cup**

Most Improved Junior Rider

### **Hulme Cup**

Best all-round Contribution to Junior Cycling

### **Caulfield Millennium Cup**

Grass Track Champion – Junior

The Stefan Butler Memorial Plate is awarded to a Form 4 cyclist who throughout the year shows strong commitment and improvement within the squad. The last three recipients of the plate have been F.A Malpass (2020), Z.F Wyllie (2021) and E.W Pawson (2022).

Form 7 squad riders who leave at the end of the year, are awarded with an engraved 'hammer'. The hammer is a reminder to them of the blood, sweat and tears, friendships and successes that they made during their time in the Grammar Hammer.

## Crossing Stage

Criteria for crossing stage is:

Premier Team Auckland Champions  
Whole team to cross stage

Junior Team Auckland Champion  
Captain / or representative to cross stage only

Auckland Champions – Individual  
Individual gold medallists to cross stage

Premier North Island Team Champions  
Whole team to cross stage

Junior North Island Team 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.

Team Photographs

Premier Sports Teams  
Front steps of School

National Champion Teams  
Front steps of School

All other team photos  
Old Gym

## **Process for Concerns**

In the event of a concern regarding the team, a rider should firstly consider what part he 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 man will have the courage to tactfully address the issue. Furthermore, the rider should ask himself if he himself has 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 Master in Charge of Cycling, a Committee member, or the Captain of Cycling. The Master 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 Headmaster and, the Headmaster 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. Auckland Grammar 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/>



**“It never gets easier, you just get faster.”**  
Greg LeMond, US cyclist, 5x Tour De France winner