



# AUCKLAND GRAMMAR SCHOOL

Cycling Guidebook

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# Contents

<b>WELCOME FROM MIC</b>	<b>3</b>
<b>GRAMMAR HAMMER</b>	<b>4</b>
Registration .....	4
Subscription Fees .....	4
<b>VALUES AND RULES</b>	<b>5</b>
School Rules.....	5
Safety.....	6
Supplements .....	6
<b>CYCLING SEASON</b>	<b>7</b>
School cycling events .....	7
Training schedule .....	8
Indicative costs .....	9
<b>CYCLING SQUAD</b>	<b>10</b>
Leadership .....	10
Team Time Trial (TTT) team selection criteria .....	10
Process for concerns .....	11
Communications .....	11
<b>PARENT INVOLVEMENT</b>	<b>12</b>
Parents' Committee .....	12
Responsibilities .....	13
<b>HELPFUL INFORMATION</b>	<b>14</b>
Uniform.....	14
Bike .....	15
Other bike equipment.....	15
Clothing.....	15
Nutrition when riding.....	16
<b>SCHOOL AWARDS</b>	<b>17</b>

## Welcome from MIC

Welcome to the Road and Track Cycling squad at Auckland Grammar School.

Each year we welcome those new to the sport as well as boys returning to the 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! You will build great friendships with others in the Cycling team. Returning riders will be there to guide, support and mentor all the new riders to the squad.

Each year is 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 training with the boys, 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 Cycling 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 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 (MIC) Cycling*

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## **Grammar Hammer**

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

We have won countless Auckland Team Time Trial and National Team Time Trial titles as well as winning Top School over the years. Each year, many of our teams and individual riders podium in events.

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.

### **Registration**

**New** and **returning** riders must complete the online registration form and the EOTC documentation. The annual subscription will in due course be uploaded to the parent portal for payment. Registrations need to be submitted by as soon as possible in Term 1.

Click [here](#) to register. The online registration can also be accessed on the Auckland Grammar School website: <https://www.ags.school.nz/sports/cycling/>.

An EOTC form pack will be available at the start of the season.

### **Subscription Fees**

Cycling subscriptions for 2024 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, food or accommodation for trips out of Auckland or certain race entry fees.

## Values and Rules

### *Being a good sport*

- Focus on riding to your potential and ride 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 team mates directly with the MIC
- Never take the law into your own hands

### **School Rules**

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. The School's Fundamental Rules also apply to training, camps and any time during which an athlete is representing the 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 MIC, 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.ags.school.nz/at-grammar/school-rules>.

### *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.

### *Code of Conduct*

- Auckland Grammar School rules apply at all events
- Riders must follow the road rules and safety procedures when racing or training
- Riders must wear the correct uniform at race day, during a race and at prizegiving ceremonies
- Riders must wear skinsuits for racing. The skinsuit is not required 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 speed 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 event rules as outlined by coaches and the MIC prior to racing
- Race related issues, including rule challenges, must be directed to the MIC to resolve on behalf of the team. Riders or parents are not permitted to make challenges to the race commissaires directly

- Poor conduct, cheating and bad language will not be tolerated. The School and Cycling New Zealand will view foul play seriously.
- Riders should be courteous to the coaches, 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>)

## Safety

The following items are **compulsory** when riding with the Grammar squad:

1. **Helmet**
2. **School's hi-viz vest for training rides** (available at the School Shop)
3. **Lights (front and rear)**

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.

- Obey the road rules including:
  - Stop at red lights
  - Stop for pedestrians at pedestrian crossings
  - Do not ride across green pedestrian crossing lights
  - Keep left, and ride to the left-hand side of the lane. Never cross the centre white line.
- 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
- Do not ride more than two abreast at any time on public roads
- Show courtesy to all other road users
- When stationary, move off the road

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.

## 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.

## Cycling season

### School cycling events

The following is a list of School cycling events:

Event	Dates	Details
Pre-season camp	Mid-March 2 days/1 night	Highly recommended and held over a weekend. Location TBC. Parents to transport with carpooling available. Opportunity for the squad to get together as a team and prepare for the season ahead with ride sessions and fun team building activities.
Grass Track	TBC	Held at the top field at lunchtime at school. The Grass Track Race has been held at Auckland Grammar School since 1919. The Norman Carter Cup is the oldest cup presented at Auckland Grammar School and is awarded to the fastest senior rider over the 2-mile grass track. The junior squad will compete for the Caulfield Millennium Cup on the 2-mile track. The trophies are presented to the winner at the end of year prizegiving ceremony.
Team time trial (TTT) series run by College Sport	6 races held fortnightly on Sunday mornings over term 2 and 3	Held in Auckland region. Parents to transport.  The squad will be divided into senior and junior teams of 4-5 boys in each team. Each team will race over the required distance. Points are awarded for winners of each race based on time and the overall winner at the end of the series takes the prize.
Points Race	TBC in June on a Sunday morning.	College Sport event held in Auckland region. Parents to transport.
North Island Schools Road Championships	First weekend of July school holidays	A 2-day event in Cambridge in which riders compete in a team time trial, road race and criterium event. The full squad competes to contribute to the top boys' school competition.  Accommodation is arranged for riders, staff and coaches. Parents should book their own accommodation early. Parents to transport boys to and from Cambridge.
North Island Schools Track Championships (Nationals in odd years)	First week of July school holidays (after road championships)	Optional event. Those competing remain in Cambridge after the road championships.
Track Cycling	TBC	CNZ arranges these events. The targeted events will be announced to the boys
Northern Tour	First weekend of September	Held in Auckland. Parents to transport. The Northern Tour is contested in Winter Tournament week. It has 3 stages: an Individual Time Trial, Hill Climb and Criterium.

National Schools Road Championships	End of Term 3 and first weekend of October school holidays.	Nationals is the ultimate event of the school cycling season. The top boys' school award is awarded to the school with the most cumulative points across 3 events: team time trial, road race and points race. The Sir Bernard Fergusson trophy is awarded to the fastest senior TTT team and the Paul Matthews Cup to the junior TTT champions.  The location will be confirmed. The squad will travel together to location. Parents to transport back.  Accommodation is arranged for staff, riders and coaches. Parents should book their own accommodation early.
South Island Schools Track Championships (Nationals in even years)	Second week of October school holidays	Optional event held in Invercargill.

More detailed information will be provided ahead of each event. Apart from the optional events noted above, those who cannot attend the events will need to seek permission from the MIC.

For more information on school events: <https://schools.cyclingnewzealand.nz>

### *Non-school events*

There are many non-school cycling events held throughout the year that you can register yourself in. These events are fun and great for cycling development. If you are interested in further road and track racing, please talk with the Grammar Hammer committee (details below). You can also access information for the events on the Cycling New Zealand website <https://cyclingnewzealand.co.nz>.

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 Race – Term 1*

New cyclists will attend weekly **Learn to Race** sessions in Term 1. The purpose of these training sessions is to upskill riders with the basics in racing including becoming comfortable racing in a group, learn group riding etiquette and develop their racing skills. These sessions are held in Term 1 before the full training schedule starts in Term 2.

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

Junior and Senior squads have separate coaches and training programmes. The training rides vary but the squads will usually meet at school. Timing will be made available prior to each training session. Trainings are generally run twice a week with week day trainings held before school.

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.

When the weather is not ideal for riding outdoors, 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. Riders will need to have their own wind trainer that fits their bike.

Riders unable to make training must let their coach know prior to the start of training.



### Core Strength Training Sessions

Complementary to the bike training sessions, the Junior and Senior squads are required to attend a core strength training session in the Old Gym. The purpose of these sessions is to gain core strength.

### Individual Coaching (outside of School)

Some of our top riders have sometimes employed 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. While riders are encouraged to establish additional training sessions, school training takes precedence.

### Indicative costs

The following is a summary of the indicative costs for the cycling season.

Item	Cost per rider	Compulsory	Optional
Annual subscription (2024)	Junior: \$305 Senior: \$345	✓	
Pre-season camp	Approx \$150- \$200		✓
North Island Schools Road Championships in Cambridge (includes food and accommodation for riders)	Approx \$350	✓	
North Island Schools Track Championships (includes food and accommodation for riders)	Approx \$350		✓
Northern Tour entry fees	Approx \$90	✓	
National Road Championships (includes food and accommodation for riders)	Approx \$800 - \$900	✓	
Grammar skinsuit	\$260*	✓	
Hi-viz cycling vest	\$110*	✓	
Grammar track pants	\$80*	✓	
Grammar jacket	\$100*	✓	
Grammar hoodie	\$65*		✓
Road bike, helmet, bike shoes, front & rear lights, wind trainer			

\*available at School shop. Riders are required to wear Grammar gear at school cycling events.

## Cycling squad

### Leadership

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

**2IC:** Liam McClelland [l.mcclelland@ags.school.nz](mailto:l.mcclelland@ags.school.nz) 0210754898

### Coaches

Senior Coach: Roman van Uden [romanvanuden@gmail.com](mailto:romanvanuden@gmail.com) 027 3138803

Junior Coach: TBC

### Captains and buddies

A Senior Captain and a Junior Captain will be appointed mid Term 1 and announced to the squad.

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.

### Team Time Trial (TTT) team selection criteria

Each member of the squad will be placed in a team. The following factors will be taken into consideration in the selection of the TTT teams:

- Regular attendance: 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
- Ability to work as a team in training and competition
- Individual Time Trial: 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
- The cyclist's performance and attitude at training

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 and 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 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.

### *Age groups*

Riders are grouped into age groups for competition racing according to their age at the 1<sup>st</sup> January in the competition year. For example, for the under 15 age category, the rider must have their 14<sup>th</sup> birthday between 1 January and 31 December that competition year. In the Team Time Trial races, juniors are riders who are in the under 16 category or below and seniors are in the under 20 category or below.

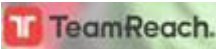
### **Process for concerns**

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. It is the rider's responsibility to raise any issues directly with the coach.

If an issue is larger than this, a rider or parent is welcome to approach the MIC. The MIC 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, to the Board of Trustees.

### **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 events and trainings via group and direct messaging.

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

## Parent involvement

Parents are warmly invited to be involved in the Grammar Hammar community. 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. Parents of returning riders and any member of the Parents' Committee are always happy to answer questions and provide tips or advice.

There are many ways to help out the squad including:

- riding with the boys during training sessions
- marshalling and helping set up at a race event
- tow the trailer to an event
- helping on the BBQ to help fundraise for the squad
- get involved in running a fundraising activity
- get involved mustering the boys on race days

In addition, each junior team has an allocated parent who is responsible for the warm up, checking race transponders, numbers, lights and accompanying the team to the start to collect warm clothing before the race.

Thank you in advance for your support this season.

## Parents' Committee

The purpose of the Parents' Committee is to support the squad by organising many of the cycling events and generally provide help to the squad and parents. Current members of the parents committee are:

Committee member	Email address	Phone number
Duncan Turnbull	<a href="mailto:duncanandmei@gmail.com">duncanandmei@gmail.com</a>	021 267 7731
Alex Corbett	<a href="mailto:Alexfc30@live.com">Alexfc30@live.com</a>	027 433 2350
Camillo Spath	<a href="mailto:camillo@xtra.co.nz">camillo@xtra.co.nz</a>	021 732921
Doug Barclay	<a href="mailto:douglas_barclay@hotmail.com">douglas_barclay@hotmail.com</a>	022 6197284
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
Tim Pawson	<a href="mailto:tim@prv.co.nz">tim@prv.co.nz</a>	021 486 6285

The Parents' committee also arranges various fundraising events to support the team to competing at the North Island Schools Road Championships and Nationals. Funds may also used to provide new equipment for the squad. Previous fundraisers have included movie nights, BBQ at race events and selling samosas.

New ideas are very welcome so please share these with the Parents' Committee. Each year's events will be advertised throughout the season.

## Responsibilities

	Responsibilities
Master in Charge	<ul style="list-style-type: none"> <li>• Appoint and manage coaches</li> <li>• Appoint captains</li> <li>• Student discipline and adherence to School Rules</li> <li>• Attract new cyclists each year</li> <li>• Arrange entries for school race events</li> <li>• Provide regular communication to the Grammar Hammar community</li> </ul>
Coaches	<ul style="list-style-type: none"> <li>• Coach the squad</li> <li>• Make team selections and communicate selections to riders</li> <li>• Be available to give advice on how riders can improve</li> <li>• Pre and post race support for each team</li> <li>• Regularly communicate with the squad on training sessions</li> </ul>
Captains	<ul style="list-style-type: none"> <li>• Help to maintain a positive attitude amongst the squad</li> <li>• Encourage teamwork</li> <li>• Provide help and guidance to new riders and get involved in Learn To Race sessions</li> <li>• Assist coaches to meet coaching goals</li> <li>• Assist MIC to meet School standards and rules</li> <li>• Assist with camp and race events</li> </ul>
Parents' Committee	<ul style="list-style-type: none"> <li>• Arrange accommodation, food and logistics for all events as required</li> <li>• Arrange camp</li> <li>• Arrange fundraising</li> <li>• Manage the budget</li> </ul>
Parents	<ul style="list-style-type: none"> <li>• Arrange transport to and from events</li> <li>• Get involved in events and fundraising</li> <li>• Come train with boys (if able)</li> <li>• Volunteer at events (there's always a job to help out with)</li> </ul>
Riders	<ul style="list-style-type: none"> <li>• Enjoy riding and race to win</li> <li>• Attend trainings</li> <li>• Be involved in creating a fun and friendly culture within the squad</li> <li>• Adhere to School rules at all times</li> <li>• Ask coach for advice on how to get better and aim to be selected in a better team</li> </ul>

## Helpful information

### 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 (Photo A):** Auckland Grammar School skinsuit or speedsuit available for purchase from the School shop. Senior A riders have a special speedsuit which can only be worn by Senior A riders.

**Uniform when not racing (Photo B):** Riders are expected to wear School track pants, jacket and/or hoodie to events. Non-Grammar gear is not acceptable at events.

**Podium (Photo C):** All prize winners are to wear #1's on the podium - a white shirt, School tie, black belt, black trousers, black School shoes and a School blazer. Blazers are available for hire from the School Shop. It is expected that riders leave their medals on their neck until returning to the group.

**Hi-viz cycling vest (D):** **Must be worn on all training rides.** Available from the School Shop.

**School Cycling Jacket (E):** Optional and is available for sale in the School Shop.



## Bike

First year riders can purchase a second-hand bike (e.g. on Trade Me or the FaceBook group Bike Shelf). You can also purchase a new bike (see list of stores below). 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.

First year riders can also hire a loan bike (subject to availability) at a nominal rental fee from the Parents' Committee. A bond is payable.

Things to consider about buying a bike:

- **Bike size:** consider (a) frame size to match rider's height, (b) width of handlebars to match shoulder width, and (c) allowing for rider growth
- **Bike fit:** Any newly purchased bike needs to be fitted to the rider by a bike mechanic. Negotiate the cost of the bike fit if your bike is purchased from the store. Further bike fits are recommended as our young men grow
- **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, e.g. Shimano has 105 and Ultegra (best value for money), Dura-ace (for pros), Sora and Tiagra (great for a first 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 parent. Serious cyclists may have a separate set of race wheels and tyres

There are no gearing restrictions for school racing. Carbon wheels are allowed with maximum rim depth of 55mm. For track cycling, the gearing restriction for U17 or below = 7.00m.

## Other bike equipment

- **Helmet** (suitable for road cycling): **Compulsory**
- **Lights front and rear:** good quality - the brighter the better. **Compulsory**
- **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
- **Wind trainers:** Riders will need their own wind trainer for wet training days and at races for warm up. New or used wind trainers can be purchased from Bike Shelf or any of the places listed below.

## Clothing

Varies depending on the season. In addition to the **compulsory** hi-viz vest:

- Cycling jersey - with pockets in the back for phone and food
- Bib shorts – cycle pants that have a padded chamois for comfort
- Gloves – provide padding and protect your hands if you crash. **Long fingered gloves are a must for mid-winter riding**
- Arm and leg warmers and thermals – useful during colder weather
- Cycling jacket – to keep the rider warm during colder rides. The optional School cycling jacket is available in the School shop. The School's hi-viz vest must be worn over the top on all training rides

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

### *Bike shops*

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

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

MEC proudly supports our riders and offers 10% off to all Auckland Grammar Cycling riders. MEC offers a full range of Specialized bikes and a wide range of services including highly qualified and skilled bike experts to help fit you with the right bike. <https://www.mecbikes.co.nz/>

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>
- Bike Shelf <https://www.facebook.com/groups/107641542730716/>

### **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 with low-glycaemic (slow burning) carbohydrates such as Vogels, Burgen or Molenberg breads, rolled oats, All-Bran). Avoid:

- Greasy food
- Meals with lots of sauce - these can make you feel a bit sick while riding
- 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) and eat some sort of carbohydrate like an energy or muesli bar, energy gel or a banana.

#### *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 (e.g. potato, rice, pasta) some protein (e.g. meat, tofu) 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



## School Awards

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 award acknowledges individual sporting prowess.

Criteria:

- The student must represent Auckland Grammar School in a competition or event(s) in that year
- 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. Forms 4 – 7 students are eligible to be awarded a rep jacket.

Criteria:

1. Premier Sports sanctioned by College Sport (within a regular season): A student must have raced in 7 or more events during the regular season including 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).

Additional matters:

- There is an expectation that the values, commitment and attitude mentioned above is consistently demonstrated across all aspects of School life
- The Headmaster reserves the right to award/remove a rep jacket
- Requests that do not fall into the above 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

### *Prize Giving 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
- **Phil Robinson Cup:** Most improved senior rider
- **Norman Carter Challenge Cup:** Senior Grass Track Champion
- **Hulme Cup:** Best all-round contribution to junior cycling
- **Caulfield Millennium Cup:** Junior Grass Track Champion

For juniors, the following will be awarded at the end of the Cycling season:

- **Ben Hamilton Cup:** Most improved junior rider
- **Stefan Butler Memorial Plate:** Junior rider who shows strong commitment and improvement within the squad.

### *Crossing Stage*

In respect of team medals, the team or a representative of the team may cross stage depending on the medal won and the School's criteria for crossing stage.

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

### *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