

PNINS Cycling 2022

PNINS Road cycling is run over Term 2 and 3 with a 4 week pre season programme run in Term 1.

Our aim for the PNINS Cycling programme is

- Introduce cycling to students in a safe and inclusive way.
- Provide a well structured cycling programme that develops skills and confidence in cycling
- Give students the opportunity to compete at different cycling events.

Cost

The cost for the PNINS Cycling programme is \$90. This helps to cover the cost of uniforms, admin cost and associated cost with events.

This also includes registration fees for Manawatu School Cycling.

There are additional costs for each event your child takes part in throughout the year, which you will find below under events.

Term 1 pre season.

In Term 1 we focus on our new riders and take them through some skill development so they are ready to ride on the road in term 2.

These sessions are based at Memorial Park.

Riders will need to show they have the skill level and are safe to ride before they are allowed to train on the road.

Sessions - Memorial Park - 5.30pm to 6.30pm

- Tuesday 17th March
- Tuesday 24th March
- Tuesday 31st March
- Tuesday 7th April

Term 2 and 3

Cycling in Term 2 and Term 3 will involve 1 group training session a week and a race.

Training will be held on Thursday 3.30pm to 5.30pm and races are on Sunday morning.

Races are run by Manawatu School Cycling and are at different locations each week.

They can range from Ashhurst, Linton, Kairanga, Rongotea and Colyton.

PNINS will have 2 or 3 duty weeks where we will need to provide helpers on the day.

Training

Training will be a variety of skill development, group riding, individual riding and team based riding.

Training Locations will be different each week,

We will require parent helpers for each training session and help with transport of bikes and students

Students will travel to the training location for the week and take part in a training session then travel back to PNINS.

We estimate we will have 4 different groups which will require 1-2 parents each plus a parent in a vehicle to cover all riders for any problems that occur.

Support and structure will be put around these parents to ensure everyone is safe.

If you would like to put your name down as a parent helper please contact the sports office.

Students will also be sent on a Monday a training session to do in their own time on a Cycling Stationary Trainer. These sessions are optional however do make a big improvement to fitness throughout the year.

Gear

Students will require the following to take part in the PNINS Road Cycling Programme.

- A safe and working Road Bike. (must be a road bike)
- Helmet
- Cycling Clothes (Cycling top and Winter Jacket provide by PNINS)

- Hi Vis Vest
- Front and Rear Light
- Cycling Stationary Trainer (can be provide from PNINS if needed)

If there is any gear that you are unable to source please contact the sports office as we may be able to help.

Events

Manawatu School Cycling Races

- Every Sunday starting Term 2
- Ashhurst, Linton, Kairanga, Rongotea and Colyton.
- Range of different events
- No cost (covered in School Cycling sport fee)

Manfeild 6 Hour Challenge

- 16th May
- Manfeild Track
- Team Relay
- \$15

North Island Champs

- 9th - 10th July
- Lake Karapiro - Cambridge
- Team Time Trial, Road Race, Crit race
- Cost - \$100 + Travel and Accommodation Cost

Intermediate Champs - TBA

- August
- Bruce McLaren Motorsport Park - Taupo
- Team Time Trial, Road Race
- Cost - \$65 + Travel and Accommodation Cost

National Champs

- 1st - 3th October
- Manawatu
- Team Time Trial, Road Race, Crit race
- Cost - \$100-\$120

Communication

All Communication will go out via email from the sports office.

Selection of teams

Selection of teams will be made by PNINS with discussions and advice from an outside coach when needed.

All riders will make a team and be able to ride in every event.

Selections will be based on

- Rider ability
- Riders ability to work in a team.
- Commitment to training

Questions

Any questions or queries can be sent to the sports office