

ATTACHMENT 1

EXAMPLE OF SETTING UP A CYCLING TEAM

Hamilton Girls' High School Cycling Team- First Year (Taryn Mayall)

Term 1 & 2

The majority of the girls had never ridden a road bike before so we started with skills and games on the school field for the first 4 weeks. Included below are some examples of the activities:

- **Bike check**
- **Helmet fit**
- **'Straight Line Challenge'** - arrange two lines of cones side by side with a small space in between. The challenge is for the riders to ride through the middle without hitting any of the cones. Increase the challenge by having the riders do the course standing up riding.
- **'Box Game'** - Arrange four cones in a box shape; have all riders start by riding around in the middle of the box. If a rider touches the ground or rides out of the box they are out of the game. The game can be made more challenging by giving the riders tasks to complete while riding eg., 'tap your helmet five times with your left hand'; make a right hand turn signal for 3 seconds'; turn around and go in the opposite direction'
- **'Turtle Race'** - Just as the name states, the slowest person is the winner! If you put your foot down you have to stay where you are; the aim is to go slow enough to try and win but fast enough to not put your foot down.
- **'Slalom'**- Line 10-12 cones in a row and have riders slalom in and out, thinking about their pedal position when turning. Have a challenge to see who can go through without pedalling or do relays
- **'Pass The Bottle'**- Line 10-12 cones in a straight line; have half of the riders line up at one end and half at the other. Riders ride on opposite sides of the cones and take one hand off the bars to pass / receive the bottle (or cone or tennis ball). Depending on the ability level, start with high fives if passing the drink bottle is too difficult to start.
- **'Riding Close Together'** - Riders partner up and try and ride as close as they can side-by-side. Advance the activity by having riders put one hand on each other's shoulders, then get them to repeat this using the other hand. Even more of a challenge is to have riders lean on each other and ride between a set of cones.

Term 2 & 3

After completing four skill sessions on the school field, we took the girls onto the road. Starting with a small circuit, stopping at the end of the circuit to discuss how the riders found their first time out on the road. Being right in the city, we also did a fair bit of discussion how to approach intersections etc.

It also took a few sessions for the girls to be comfortable riding close to each other's wheels; therefore we ended a couple of the road sessions with some more skills and games to encourage the girls to ride closer.

Term 3

We were able to increase the rides up to 90 minutes during Term 3 (sometimes closer to 2 hours depending on the light available). During this time we also added in some activities during the rides, such as hill repeats and power pole sprints. You can make these efforts fun so that the riders are still enjoying the rides even though the intensity is stepping up.

Points to note:

- Don't be afraid to take things slowly. It takes a while for the new riders to get used to the bikes and riding on the road so let them figure it out in their own time.
- If it does end up that you have a few riders who are more capable or turn up more regularly you can split the group and just come together at the end and start of the session (if you have 2+ coaches).
- Make it FUN! The riders will keep coming back if they enjoy the sessions and feel like a valuable member of the cycling team.



