

Balmoral Cycling Club Junior Development & Club Racing Policy

June 2019

The development of skilled, safe and competitive junior cyclists is a major focus at Balmoral Cycling Club, and we have a proud history of our juniors becoming State (u9-19), National (u15-19) & World (u19) Champions at all age levels. Whilst success at the highest levels of the sport is celebrated, it is skill development and enjoyment that lays the necessary foundations. Balmoral activities will always be governed by the regulations for cycling. Riders should familiarise themselves with the regulations but it is important to highlight these key areas for juniors:

Cycling Australia Junior Policy

Balmoral is committed to the health and safety of our juniors, and operates in accordance with the [Cycling Australia Junior Cycling Policy](#). The policy is a comprehensive document with lots of helpful information, including guidance on age-appropriate training loads.

Equipment Restrictions:

Gear (rollout) and equipment restrictions (e.g., no carbon rims) apply to all age groups, from u9 through to u17 at both Murarrie and Chandler, whether training or racing, including when racing in open grades against adults. Cycling Australia gear restrictions are strictly enforced and are as follows:

- u9-13: 5.5m
- u15: 6.0m
- u17: 7.0m

Under 19 riders can train and ride unrestricted gears, unless competing in a CQ/CA u19-specific road event (e.g, State/National Championships), in which case a gear restriction of 7.93m applies.

Australian Sports Anti-Doping Authority (ASADA)

To protect the health of athletes and the integrity of cycling, all cyclists are required to comply ASADA regulations. We recommend all athletes, including juniors, parents and coaches familiarise themselves with the excellent resources available at the [ASADA website](#). Athletes and staff travelling with our NJTS teams are also required to complete the [relevant online training](#).

Junior Training and Racing

Junior Development at Balmoral CC is based on 3 regular sessions: Saturday morning Junior Development / Criterium Racing (Murarrie), Tuesday morning training (Murarrie) & Thursday night track training (Chandler outdoor Velodrome). In addition, the Cycling Queensland JETS program, led by Balmoral coach Julian Elliott, is available to juniors from all clubs and provides another valuable opportunity for development. New riders will generally start with our Saturday morning Junior Development session and progress to other training when ready.

Junior cyclists enter the sport from different athletic backgrounds, at different ages and progress at different rates. The points below clarify the requirements and process for junior progression through the various grades of racing and junior development activities at Balmoral. The intent is to provide consistency and clarity of process.

Balmoral runs graded racing for both Junior Development and our senior racing. Through our club handicapper and coaches, Balmoral looks to ensure each junior rides in the most appropriate grade to advance their ability and provide them opportunities to improve. At various stages junior riders may need to be physically challenged and at other stages given the time to hone racecraft and strategies suitable for their abilities. As a rider develops, they should expect to progress through

phases of being reactive and struggling to remain with the group, to becoming more comfortable but struggling to podium, and then learning how to get results consistently. Each of these phases offer challenges and learning opportunities and it's important for riders to experience each to develop the skills they need. Our coaches and handicapper are looking for riders to clearly demonstrate the required abilities before progression.

We are rightly proud of the financial, time and cultural investments our club has made in our Junior Development Program. Junior riders from other clubs are welcome to participate in most of our junior activities, but we will focus our coaching efforts on Balmoral members.

Progression through Junior Development Grades (C to A)

- Starting grade and progression is determined by both a combination of age, speed and bunch riding ability.
- Decisions regarding progression between junior grades will be at the discretion of the Balmoral Junior Development coordinator, after consultation with club coaches.
- Under 11 riders will be limited to Junior B grade. The rationale for this, is that only u15 and older riders can progress to adult grades, meaning a rider who progresses to junior A too early (e.g., as an u11) will spend more than 2 years in Junior A without further progression.
- No rider will be permitted to race in Junior A-C criteriums unless they have also participated in that morning's junior skills session.

Progression from Junior Development to Open graded racing at Murarrie

- Only u15 and older riders will be considered for progression to open grades.
- As a very general guide, a junior should be able to average solo lap times of 2:20 (approx. 36kph) at Murarrie in order to progress to C or D grade. Note this is not a "personal best" all-out effort. It requires an ability to maintain a cadence of at least 100rpm in a gear of at least 6m.
- Progression from Junior Development (JD) to either C or D grade will be at the discretion of the Club Handicapper, in consultation with at least one club coach. Grading will be determined by a combination of skill, speed and experience.
- U15 riders cannot ride in D Grade as it is reserved for developing adult riders. New U17 riders demonstrating adequate skills can progress through to D grade. However, U15 riders without sufficient speed and skills will either remain in JD until they are U17 and can progress to D Grade, or move from JD to C Grade as outlined below. The request to move an U15 rider from JD to C Grade must be made to the Club Handicapper by a Balmoral Club coach.
- For example, an experienced & nationally-competitive u15 may progress from JD to C grade, whilst a relatively inexperienced u17 (who has demonstrated that they are too strong for JD and has the necessary bunch riding skills) may progress from JD to D grade.
- New juniors, including those from other clubs, will be required to participate in skills and Junior A-C racing. A number of new u15 or u17 juniors come with high levels of cycling fitness/strength from disciplines such as Triathlon or MTB, but are not used to the high-cadence demands of gear-restricted road cycling, and may also lack experience/skills in bunch racing. For these reasons, and in consideration of existing juniors who have "progressed through the ranks" of JD before moving up to open racing, all new u15-17 juniors need to be observed in JD before being permitted to race in open grades. The only exception will be if there has been prior discussion between the junior's coach and a Balmoral coach, who has then discussed the rider with the Club Handicapper. In some circumstances, the rider may be well known to a Balmoral coach (e.g., through JETS or State team selection) in which case the rider/parent can contact the Balmoral coach directly. Agreement between the Balmoral coach and Club Handicapper on the appropriate grade will still be required.

- The club has formal processes to communicate junior progression. Our registration volunteers will refuse junior registration in senior grades if the correct process hasn't been followed.

Progression through open grades at Murarrie

- The points system for progression between open grades will not apply to u15 or u17 Juniors.
- D to C grade: Juniors need to demonstrate an ability to ride safely in a bunch and consistently be in the main bunch for the whole race. Winning D Grade is NOT a requirement for progression to C grade, due to the difference in gearing that can influence final sprint speed.
- C to B grade: Only u17 juniors will be considered for progression to B grade. Winning C Grade is NOT a requirement for progression to B grade, due to the difference in gearing that can influence final sprint speed, however u17 juniors need to demonstrate they can consistently finish in the top 15 of the main bunch.
- B to A grade: Only u19 juniors will be considered for progression to A Grade. Due to their 7m gearing restriction u17s will have limited ability to contribute or contest in A Grade, so it is considered better for their overall development to refine their race skills and produce podium results consistently in B Grade and in a variety of race situations than progress to A Grade.
- The club has formal processes to communicate grade progression. Our registration volunteers will refuse registration in the higher grade if the process hasn't been followed.

Thursday night track sessions

- sessions are based on age and skill level.
- progression between groups is at the discretion of the Balmoral track coaches.
- 5-7pm is the starting session for all juniors
- 6-8pm is for faster and more experienced juniors, generally second-year u13 and older
- 7-9pm is for adults, and faster, experienced juniors, generally u17 and older.
- At the discretion of the Balmoral track coaches, experienced 1st year u13's in the 5-7pm session may be invited to participate in the warm-up of the 7-9pm session (finishing approximately 7:30pm).
- Progression will be advised to the registration coordinator at Chandler by the club coach (in person or in writing)

Tuesday Morning Club Ride

- Whilst the Tuesday morning club ride represents a good training opportunity for adult and more experienced, stronger juniors (e.g., self-sufficient and experienced second-year u15 and older), it is not a coach-led session.
- Well established bunch riding skills, and safe open-road riding ability are mandatory.
- Junior participation in the Tuesday club ride requires prior discussion and agreement between the junior's coach, their parents and the Club Captain. It is of key importance that an appropriate chaperone is identified (by the parent, in consultation with the Club Captain and chaperone) prior to joining the ride, so it is clear who will help the junior in the event of a mechanical or not being able to keep up.