



ST PETER'S • CAMBRIDGE
NEW ZEALAND

Cycling Academy



A key aspect of the Cycling Academy is to provide a pathway to success for individuals of all abilities, from beginners through to high performance athletes. Each academy member has access to outstanding training facilities, highly qualified coaches and a dedicated support network to ensure they have every opportunity to succeed.

The St Peter's Cycling Academy objectives

- To provide a programme and quality coaching for track, road, BMX and mountain biking
- To increase participation levels
- To have a feeder system for the high performance/elite level cyclist programme
- Provide a link with Run-Cycle-Swim programmes on site at St Peter's

The Programmes available

Year 7 & 8 (Prep) Squad

The focus will be on a number of different cycling disciplines, developing skills, road awareness, improving fitness and most importantly having fun.

Fitness/Tri/Cross Training Squad

A cross training squad, to supplement other sports.

'Have A Go' Squad

This squad permits students to have a go at all cycling disciplines for two weeks in order to see if they wish to continue with the cycling academy

Rowing Fitness/Maintenance/Novice Development

A squad for Term 2 & 3 targeted at rowers focused on maintaining fitness for the rowing season. A complimentary sport that will develop bike handling skills and strength endurance.

Mountain Biking/Bmx

Specialised coaching as required and provides weekly Term 1 & 4 off site training at Te Miro for mountain bikers.

Weekend excursions to Redwoods if required.

Junior Squad (M/F)

Experienced coaching catering for higher ability juniors in their 2+ year of cycling. More competitive, track and road at regional and national level. Individualised programmes, core and body strength.

Junior and senior cyclists are encouraged to take part in testing and assessment in order to provide progress reports and feedback to the cyclists, parents and coaching staff.

High Performance Squad Senior/Elite Squad (M/F)

Specialised coaching targeting individual goals. A step up in training in a High Performance environment and expertise for cyclists to reach their potential. Individualised programmes, strength and conditioning programme.

Junior and senior Cyclists are encouraged to take part in testing and assessment in order to provide progress reports and feedback to the cyclists, parents and coaching staff

ENTRY BY SELECTION



Head Coach

Melissa Holt

Head coach Melissa (Meshy) is responsible for helping students identify medium and long term goals and targets for the academy. Her role includes implementing a programme and structure to deliver quality coaching for our cyclists. She will oversee coach and rider development and work alongside the Cycling Convenor to continue strong links with schools, Waipa clubs, Bike NZ and Tri NZ on site at St Peter's.

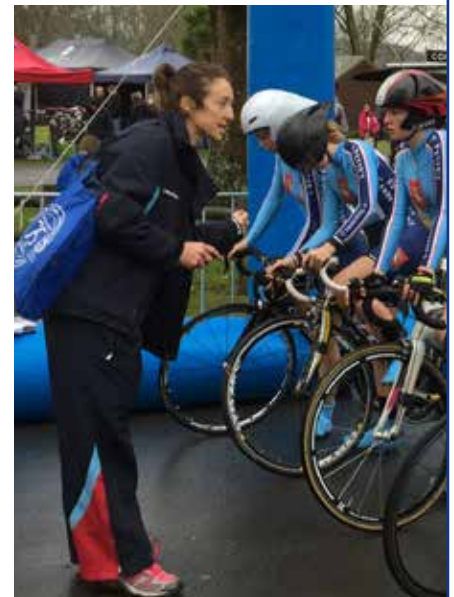
Melissa is a mother of two, a qualified teacher and prior to this competed at three Commonwealth Games, the Athens Olympic Games, and more recently the Road Cycling World Championships TTT in 2010.

She is an avid sports person and has competed in several Ironman events and enjoys the hard grind and challenging herself and others physically and mentally to achieve higher. She adopts a holistic approach to well-being and believes in keeping a balance in life.

Avantidrome

The Home of Cycling (HoC) is a new facility situated at the entrance of St Peter's, designed and built to meet SPARC and Bike NZ's criteria. It is constructed to Union Cycliste Internationale (UCI) Category 1 homologation standard, and to the specific requirements of Bike NZ. The HoC is a specialist centre for all disciplines and people in cycling. The centre will offer high performance, sport development, disabled cyclists, school and community access and programmes that will utilise all available access hours to the Avantidrome, including the space in the centre of the track.

Access to the Avantidrome on site at St Peter's will be included in the academy programme for all cyclists. Training for novice, competitive and recreational track cyclists will be accommodated through accredited track coaches.



For more information contact:

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