

# Cairns Cycling Club

## Junior Racing Policy – Road

*February 2022*

The development of skilled, safe and competitive junior cyclists is a major focus at Cairns Cycling Club (CCC). CCC activities are run within the technical regulations of AusCycling and with the advice of our coaches and commissaires. This document should be read in conjunction with *AusCycling's Junior Policy – Riding out of Category/Combining Age Categories (July 2021)* and AusCycling's Technical Regulations (general and discipline specific).

### ***Junior Racing***

Junior cyclists enter the sport from different athletic backgrounds; with different physical attributes; 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 CCC. The intent is to provide consistency and clarity of process.

CCC will run graded road racing for juniors across U11-U15 **where possible**. This is largely dependent on having sufficient juniors at the same performance level, across grades, to allow for a competitive race experience for all. Where this is not possible or suitable, CCC grading will default to using age groups (e.g., U13, U15).

Additionally, consideration will be given for juniors (U15 and above) to progress to senior graded racing where possible. Again, this is largely dependent on having a sufficient number of juniors racing to allow Junior Graded Racing to occur alongside juniors progressing to senior grades.

New juniors, including those from other clubs, will be required to participate in a competency assessment process before being allowed to enter a criterium or road race. This is arranged through the Junior Coordinator -Road and Club Coach.

### ***Progression through Junior Grades (U9 – U17 inclusive)***

- Starting grade and progression is first assessed and determined by both a combination of age, speed and bunch riding ability.
- Where there are insufficient numbers for multiple grades riders can still be separated based on a grid but may be run on the course at the same time.
- The decisions regarding progression between junior grades will be at the discretion of the Junior Coordinator – Road, Club Coach and Club Handicapper.
- 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 two (2) years in Junior A without further progression.
- All junior riders must have demonstrated ability through club junior racing on the road (not in other disciplines or sports) before they progress to senior racing.

## *Junior Grades*

**Junior A:** This category is for most U15 riders and those U13 riders with developed fitness and bunch racing skills.

**Junior B:** This category is for U13 riders and those U15 riders who are new to racing or are developing their riding skills. Occasionally an U11 rider with developed fitness and bunch riding skills can progress to this grade.

**Junior C:** This category is for U11 riders and U13 riders who are new to racing or are developing their riding skills and fitness.

## *Progression from Club Junior Grades to Senior Graded Racing*

- Only U15 and older riders will be considered to ride in senior grades.
- Progression from Junior Grades is at the discretion of the Club Handicapper, Club Coach and Junior Coordinator- Road. Senior grading of the rider will be determined by a combination of skill, speed and experience.
- Nominations by parents/carers for juniors to ride in senior races must be made **48 hrs** prior to racing using the EntryBoss registration process.
- As a very general guide, a junior should be able to average approximately 36km/h in order to progress to C Grade; approximately 30km/hr over 20km's in order to progress to Women's B Grade; approximately 30-35km/hr over 20km's in order to progress to Senior D Grade. Note this is not a "personal best" all-out effort. It requires an ability to maintain a cadence of at least 105rpm in a gear of 6m for U15 and 7m for J17 riders.
- If the lowest senior grade is being used as an 'introductory senior grade', then skilled U15 riders should ideally not ride here as it is for developing adult riders. New U17 riders demonstrating adequate skills can race this lowest grade. For example, an experienced and competitive U15 may progress from junior grades to senior grade (e.g., C Grade), while a relatively inexperienced U17 (who has demonstrated that they are too strong for Junior categories and has the necessary bunch riding skills) may progress to the lowest senior grade (e.g., D Grade).

## *Junior Riders Progression (Upgrades) in Senior Graded Racing*

Through our Club Handicapper, Junior Coordinator -Road and Club Coach, CCC looks to ensure each junior rider is able to ride at the most appropriate grade level to advance their ability and provide them with opportunities to develop further.

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. CCC are looking for riders to clearly demonstrate the required abilities before progression.

- Any points or upgrade system does not apply to U15 or U17. U15 and U17 riders must demonstrate an ability to ride safely in a bunch and consistently be in the main bunch for the whole race. Winning

is NOT a requirement for progression due to the difference in gearing that can influence final sprint speed.

- Typically, only U17 riders are considered for B grade (not A Grade). U19 riders may be considered for A Grade. This is exempted at CCC given the limited grades for U17.
- The club will develop a formal process to communicate junior progression. Entry to road racing in senior grades will be refused if not consistent with this policy.