

THE BIKE SHED NEWS

OFFICIAL NEWSLETTER FOR MASSEY CYCLING TEAM

2009



Congratulations to:



Chloe Harding-Sheath Silver Medal Crit Nationals 2009

Top Ten placings at Nationals:

Chloe Harding-Sheath 2nd Crit U20
Steve Furminger 5th Road Race U20
Dan Furminger 10th Road race U20
Ivor Feu'u Marsh 10th Crit U17
Eli Meenhorst 4th Crit U14
Lewis Stevens 10th Road race U14
Ellen Atkinson 10th Road race U14
Senior Boys team time trial 9th
Senior Girls team time trial 7th

Coaches Comment:

Congratulations to everyone on their efforts at the National Championships, and a special congratulations to Chloe who ended her Secondary School Cycling Career by collecting another National Championship Medal. I hope that you all learnt a lot out of the weekend and whether it went well or it didn't go like you planned you realise where you are at now, what you are strong at, what you need to improve, and gives you more motivation to push on to the next level.

Racing those 3 races over the weekend will change you as a rider as you should be riding at your highest level everyday, which takes a lot out of your body, but if you allow it to recover you will be stronger and faster as a result. I am really proud of those that rode the Tour of Manawatu. It was truly awesome work. It is a tough event, and will help you grow as a cyclist and a person battling some of the demons you would have had during the race physically or psychologically.

My last lesson of the year is about dealing with difficulties and how when one opportunity ends there is often another one that can start. Often we all have great plans, but sometimes things don't work out and things get in the way, which prevents us from completing those plans. My example is my training plan being aimed around a 10km race in Berlin at the end of October. Nike were running a competition similar to the Nike Plus Schools Challenge that many of you have taken part in previously in which the runner that runs the most kilometers in 58 days gets a free trip, accommodation, and race entry. However, my footpod broke and hasn't been replaced, so I



Dion Smith 2nd Place King of the Mountain and 4th over all at Junior Tour Manawatu
(Dion getting some massey noise)

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couldn't add anymore kilometers over the last 2 weeks, which meant I lost my lead and won't get the trip. This was very disappointing as it all fitted in nicely into the plan and also Germany has been a real struggle, so anything free and good would be a nice change. But, the simple truth is that it isn't going to happen, so rather than sitting around being upset about that plan falling apart I started to look at Marathon options, as I wanted to get another under my belt this year, but the dates didn't suit. Now that I am not committed to the 10km I could find a Marathon that was on the same weekend, which meant the basis of the training plan stayed the same, and I should be able to be in great form for this Marathon.

When one door closes another opens....

One thing that is important is that you need to have a dream goal and not lose focus on that, work hard at getting it, be smart about your approach, and believe you can get there.

I have seen a lot of cyclist over the years with a bit of talent who never reached their goal or potential because they didn't apply one or all of the things I just mentioned. Start thinking about what your goals are now for next year and your dream cycling goal.

Next year I do not know what will happen with the Cycling Team Coaching, as that is for you to decide, but regardless of what you decide you still need these goals, and you need to keep the focus for them. Nothing good in life is easy, but if you work hard and smart you will get there. Jenna is the perfect example of someone who has put in a lot of hard work through the year, and the way she rode at Mt Wellington and the Nationals showed that she is certainly on the way up and heading in the right direction to get there. To a degree you don't have to be super special to achieve great things. You just need a great plan, belief, hard work, support, and a bit of courage because the road to the top is not always smooth.

I would still love to coach the team next year, as I don't think we have finished what we started. This year has been difficult with the move and life in Germany has had its tough moments, but I have never lost my commitment to the team.

Obviously having a "hands on" coach is better, but it is impossible for me to be in New Zealand in the near future. However, I think that things can work from a distance and can work better. I have some ideas on how I would improve things from my end, but also the communication has to be two-way. I have had some great correspondence with some of the riders and parents in the team and not surprising they have had successful seasons. Your training for the 2010 season starts now, and you have to commit now if you seriously want to achieve great things next year. I think individually you can all do brilliant things, but also as teams you can challenge at the Nationals. In order to do this the riders need to take responsibility for their team. We need 6-7 good riders for the Senior Teams. At the moment we have 4 from the current teams staying and 2 or more that could grow and improve a lot over summer, but we need to have 6 or 7 to ensure we have a strong team regardless of if someone is sick or injured. This means you have to get classmates or other students involved in the team. You need them if you want to succeed you can't win the Nationals with 4 riders, or 3 if one is sick. Try to get kids from other sports; swimming, running, triathlon, or anything. Tell them how much fun we have and that if they apply themselves they could be national champions. Not many Massey High School teams can say that. Seniors make sure everyone trains through summer and everyone should give track a trial. Part of the reason Dion has improved so much is because of the time he spend on the Velodrome last summer.

Lastly I am going to continue to coach my JPH Racing Team Athletes to help them grow through the summer. Coaching does take up a lot of time every week and I cannot coach 20 athletes individually full time, try to earn a living, try to start a business, and do my own training and racing. I am available for advice for free, but if you need specific training help and need me to write your individual training plan and guide you through it then I would have to charge for it.

However, to keep things simple if you ride 5 times a week include an easy ride, 2 hilly rides, and a long ride you will get better. The most important thing is that 90% of your training needs to be at between 65-80% of your maximum

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effort, keep your leg speed up, and watch your speed. Don't cruise all the time. Sometimes you need to push it to improve. The body needs a little bit of overload, but it also needs recovery, so don't forget that.

Congratulations on completing your School Cycling Season and good luck to those who have now ended their time with the Team.

Cheers

JP

Out and About

I can't believe the school season has come to an end, but what a season it has been. We have had the Senior girls on the podium, broke the Massey Senior Boys time trial record and made a huge impact at Nationals.

I would like to thank all those parents (including the Estimator, for saving the buns from falling over!) who helped with making the food. We managed to get lost in Palmerston Nth several times and I am positive they kept moving Countdown!

I want to say thanks to the kids, you have become a true team and to see you all rush over to the tour after your races on Sunday and CHEER, SCREAM & YELL for Dion, Ivor & Jenna was awesome. I was 600 meters down the valley and all I could hear was the names of those 3 Massey riders. WOW.

I also want to thank Dean on behalf of everyone, you managed to coach every rider before their races, warm them up & get them to the start line with the help of Derek. Feedback was you were GREAT! Thanks also to Jp for the brilliant programs that got the kids to perform their best!

Congrats to those of you who made the top ten at nationals- also those of you who may not have placed top ten, but improved your personal best times.

Enjoy the Summer, keep riding with your team mates and just maybe I will see you all the the club crits on a Tuesday from 5.45pm at North Harbour Stadium starting Oct 13th.

PRIZE GIVING FRIDAY 30th OCTOBER!!!

6.30pm Drinks & nibbles, Dinner 7.30pm at 21 Dysart Lane, Taupaki

Please all team members bring a plate- salad or dessert- or both!

Team meeting for 2010 in the school staffroom 6.30 pm this Monday 12th October.

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