

Battle of the Schools - Training Information

Now that you have entered for the 2025 Battle of the Schools it's time to gear up and get ready for 6- weeks of training with out Grassroots Trust Velodrome accredited coaches!

You should have received a conformation email with your teams confirmed training time. Please email mya.anderson@velodrome.nz if for any questions or concerns regarding training time.

Hire bikes are supplied - there are a range of sizes, some with flat pedals and some with Shimano clip pedals. You can wear running shoes or cycling shoes with Shimano cleats. Helmets are provided if you don't have your own - however MTB peaks are NOT allowed.

Reminder those using their own bikes must have the correct gearing (81") 48x16.

PLEASE TRY TO ARRIVE ATLEAST 15MIN BEFORE YOUR SESSIONS TO CHECK IN ETC.

What to bring to trainings:

- *T-shirt or top that has sleeves which cover your shoulders (no singlets please)*
- *Comfortable shorts or tights. Bike pants are a good idea if you have them, but not required*
- *Covered shoes, suitable for riding with laces tucked in (NO crocs, gumboots etc)*
- *Water bottle (yes, it is thirsty work!)*
- *No accessories (bracelets, rings, watches)*

Compulsory Sessions:

It is compulsory to attend 5 out of 6 training sessions. However, we realise that things pop up and hence we have catchup sessions available.

If you find you are not able to make a minimum of 5 sessions, please contact mya.anderson@velodrome.nz to organise a catchup session.

We have a limited number of catchup session places available, however if you feel that you need more time on the track, please contact Mya. If spaces are available, we will slot you in where possible.

Your final training session is also compulsory, and very important, as during the session your team will set a seeding time for race day!

Junior Friday Night Schools Racing - 4th April:

As part of entering the BOTS event, you receive *free entry* into one of our Plus Mortgage Trust Junior Race Nights. This is completely *optional!* But it gives you an awesome opportunity to race as an individual and get a taste of what regular track cycling looks like.

Our regular riders will be there, and we will have a special BOTS grade for new BOTS riders!

All you need to do is arrive before 5:30pm on Friday April 4th and head to the infield to collect your race number.

Warmup is 5:30-6pm with racing 6-8:30pm followed by a short prize giving to conclude.

Head to the Junior Racing page on our website for more information.