

Para-cycling Update

Issue 09/01 - January 2009



A Newsletter for all people into Para-cycling

Welcome to the January issue of the Para-cycling Update. From all at Cycling Australia, we hope you are having a wonderful Christmas and New Year period and can look forward to a prosperous and safe 2009.

With the new year just in its infancy, 2009 promises to provide a launching pad for many current and new people to Para-cycling.

The National Handcycling Series (NHS) staged Round 2 on the Sunshine Coast with 2 more gruelling days under the warm Queensland sun. Thanks to the Sunshine Coast Club for their hosting of the event and support. Sunshine Coast CC's effort has spurred many riders to now look forward to the next round, which will be back in Victoria on the long weekend in January.

The National Team selection policy for the 2009 World Para-cycling Championships has been released. Head Coach, James Victor, has provided the Update with some tips for riders as they prepare for the National Track Championships, the compulsory event for all riders hoping to gain selection in track events at the Worlds.

Looking forward to February, which will be another huge month with the National Track Championships and the National Road Championships for Handcycles and CP1/2 classifications.

We hope you are enjoying this newsletter. We look forward to your feedback and hope that this newsletter can develop into a meaningful and sought after communiqué.

Happy reading!

Preparing for the Australian Para-cycling Track Championships

by James Victor

With just under a month remaining to the Australian Para-cycling Track Championships in Adelaide (5 to 7 February), State team selections should have been finalised, and training programs fine-tuned to be in your peak 'Track' form.

Check List

The important things to remember and check-over before travelling should cover:

The Cycling Australia Para-cycling Program appreciates the support of the following:

Principle Partners



Official Suppliers



- Equipment - Road and Track bikes
- Competition and Training wheels
- Competition and Training Clothing, including TT helmet
- Wind Trainer or Ergo
- Check with your State Team coach/manager regarding borrowing of State team equipment, helmets, etc. before you leave home
- Training/Taper plan and Race Day schedule. Always best to have a printed copy with you
- Race Licence - to be given to your State team Manager prior to, and during competition

Therapeutic Use Exemption (TUE) Paperwork - IMPORTANT !!!

ATUEs have been abolished and a full TUE must be completed. This form can be obtained from the ASADA website (www.asada.gov.au), it is to be completed and submitted to Sonya Simpson (Sonya.Simpson@ausport.gov.au) as soon as possible.

For any banned medications, asthma medications or supplements that need to be declared for any ASADA testing, in-and-out of competition, your TUE needs to be up-to-date and submitted to Sonya, prior to arriving in Adelaide for Track Nationals.

Even if your current TUE has an expiry date of March to June 2009, you should resubmit a TUE to bring you in-line with your Renewed 2009 Racing License.

Race Shoes

One tip that has been recommended to our representative teams over time, and beneficial to travelling riders/teams, is to carry your Race shoes with you as hand-luggage on your flight. You would normally be able to borrow a bike, pedals, clothing, etc. for a day or two, if they go missing in transit, and without too much discomfort to adjust too borrowed items; BUT your Race Shoes are irreplaceable so close to a major benchmark event in your competition planning.

New Riders, Classifications

For those that are new to Cycling, and have not received a Domestic and/or International Para-cycling Classification, the plan is to have Cycling Australia's Para-cycling Classifier, Anouska Edwards, completing Classifications on Wednesday February 4 at the Adelaide Super-drome (Classifying Room to be advised).

Training and Competition Plan

If anyone needs some advice, or your not quite sure of how your final preparations maybe unfolding in the next few weeks, feel free to email James Victor (James.Victor@cyclimg.org.au) with a brief email and training and performance related questions. Ideally these queries should come from your Coach to James, who will then be open to provide some brief tips and information to help out with your final week's preparations.

NHS Round 2 proves no holiday on the Sunshine Coast

By Darron Shields

The second round of the National Handcycling Series (NHS) was successfully held on the Sunshine Coast. Many thanks to the proactive "Sunshine Coast Cycling Club" for their hosting of the round. Elite handcyclists & Teams descended into Queensland on the Friday, with many riders eager for another weekend of fantastic racing.

The 20km ITT was held in the beautiful area of Lake Weyba. The course looked like it was going to produce some fast times, however a long steady climb and the temperature of the day challenged the Handcyclists to their limits. Athletes stated "the course was Excellent but very deceiving"

Stuart Tripp again took out the Division C honours, with George Kambouris & David McNaught taking the minor places.

In Division B, Craig Barrett was again too strong, leading Michael Taylor and Jarrod Moncur over the line.

Rowan Bowles was first in Division A, with Fred Nitz coming in second.

Sunday's hilly 40km Road Race was held at the Glass House Mountains in 30 degree heat. The riders were set the challenge from the start with two short but sharp climbs combining with some rolling hills, meaning that some were no doubt going to be left behind.

Despite a few mechanicals on the rough surface, all riders competed hard, setting great pace to ensure fast times were recorded.

Again, the top riders from the previous day's time trial in each Division proved they were also the leaders in the road race with the same placings coming to fruition.

Points Table

Division C

| | |
|--|----|
| 1. Stuart Tripp (Handcycling Victoria) | 77 |
| 2. George Kambouris (Balmoral CC) | 71 |
| 3. David McNaught (Sunshine Coast CC) | 60 |
| 4. Gary Connor (Handcycling Victoria) | 52 |
| 5. Roman Losidnek (Blackburn CC) | 24 |

Division B

| | |
|--|----|
| 1. Craig Barrett (Handcycling Victoria) | 80 |
| 2. Michael Taylor (Handcycling Victoria) | 68 |
| 3. Jarrod Moncur (Balmoral CC) | 58 |
| 4. Darren Anderson (Victor Broncos CC) | 52 |
| 5. Darron Shields (Sunshine Coast CC) | 48 |
| 6. Mike Nugent (Pine Rivers CC) | 13 |

Division A

| | |
|---------------------------------|----|
| 1. Rowan Bowles (Launceston CC) | 80 |
| 2. Fred Nitz (Balmoral CC) | 17 |

Round 3 of the NHS will head back to Victoria where Saturday's road race (24th January) will be hosted by Geelong CC at Paraprap while the Sunday crit (25th January) will be hosted by the St. Kilda CC at their Port Melbourne circuit.

With the assistance of clubs and the state associations in Queensland and Victoria, the series is aimed at all handcyclists, providing more competition opportunities in Australia and possibly selection into the Australian Team to compete at the Worlds in Spain.

The remainder of the NHS schedule is:

January 2009 - Round 3

Sat 24th - NHS Paraprap Circuit RR - Geelong CC, VIC
Sun 25th - NHS - Port Melbourne Criterium - St. Kilda CC, VIC

February 2009 - Round 4

Sat 21st - NHS Balmoral ITT (Australian Championships) - Balmoral CC, QLD
*Sun 22nd - NHS Glass House Mountains RR (Australian Championships) - Sunshine Coast CC, QLD
*Event to be confirmed

May 2009 - Round 5

TBC - NHS Oceania Para-cycling Road Championships ITT - Darwin, NT
TBC - NHS Oceania Para-cycling Road Championships RR - Darwin, NT
(Arafura Games - 9-17 May)

Entries need to be made with the club hosting each event or by contacting the relevant State Cycling Federation. For further enquires, please contact:

Darron Shields
Telephone: 0404 773440
Email: darronshields@hotmail.com

Michael Taylor
Telephone: 0418 881985
Email: squizelectrics@bigpond.com

Oceania and Australian Para-cycling Championships

Cycling Australia (CA) have released their 2008/09 race schedule, which will feature Australian and Oceania Para-cycling Championships in the track and road disciplines.

2009 Australian Para-cycling Track Championships - Adelaide - 3-8 February 2009
2009 Australian Para-cycling Road Championships (Handcycles & CP1/2) - Brisbane - 21-22 February 2009
2009 Australian Para-cycling Road Championships (LC, CP3/4 and Tandems) - Murwillumbah - 1-3 May 2009
2009 Oceania Para-cycling Road Championships - Darwin - 9-17 May 2009*

* Dates are for the Arafura Games. Cycling events will fall within the dates of the Games.

National Selection Policy

The Selection policies for all National Teams due to compete at their respective 2009 World Championships have been recently released by Cycling Australia (CA).

The 2009 World Para-cycling Championships are scheduled to be held in Seville, Spain, in 3-13 September.

The policy can be found on the CA website at www.cycling.org.au -> High Performance -> Selection Policies.

Premier's Award for Paris

by APC Media, from the APC website

Paralympic cyclist Jayme Paris has been presented with the prestigious NSW Premier's Award in recognition of her outstanding athletic achievements and advocacy work.

Competing at her first Paralympic Games, Jayme won a bronze medal in the 500m time trial in the LC3-4/CP3 class in Beijing and narrowly missed a second bronze in the Individual Pursuit despite smashing her personal best time by more than 30 seconds.

It continued a whirlwind rise for the 19-year-old after she was discovered in the Toyota Paralympic Talent Search Program conducted by the Australian Paralympic Committee.

Away from the track, Jayme also works tirelessly to educate people about living with a disability as a Telstra Paralympic Education Program Speaker and as a NSW Premier's Sporting Challenge Ambassador.

"When the Premier asked me to name someone who made an outstanding difference to the community of Blacktown, Jayme came straight to my mind," Paul Gibson, NSW Member for Blacktown, said.

"When you meet Jayme and her wonderfully supportive parents Stephen and Tracey, you sense their combined passion for youth in sport, disabled youth in sport and most of all their desire to tell people that anything is possible, no matter what your circumstances."

INAS-FID Global Games

The second INAS-FID Global Games, a multi-sport event for athletes with an intellectual disability, will be staged in Liberec, Czech Republic between 5 and 14 July 2009.

AUSRAPID are seeking expressions of interest from riders and staff to compete in the cycling competitions.

For further information, please contact

Robyn Smith
CEO, AUSRAPID
Telephone: (03) 5762 7494
Email: robyn.smith@ausrapid.org.au

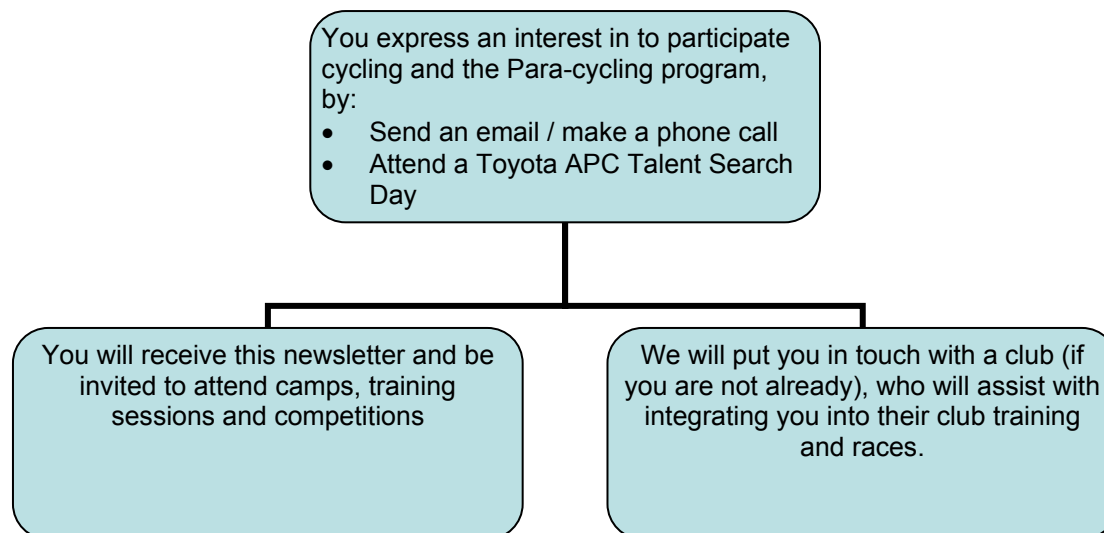
Websites: <http://inas-fid.org/> & www.ausrapid.org.au

Do you know someone who wants to be a Para-cyclist?

Cycling Australia (CA) is calling for all people with a disability that are keen to start cycling to make contact with us now.

With the preparation for London 2012 Paralympic Games starting as soon as Beijing 2008 is over, we are interested in hearing from all eligible people.

The CA Para-cycling Program is aiming to coordinate all efforts in the recruitment and development of all disabled cyclists.



Tom Skulander
National Para-cycling Development Coordinator, CA
Telephone: 02 9644 3002
Email: tom.skulander@cyclimg.org.au

Toyota Paralympic Talent Search Day



The Australian Paralympic Committee (APC) will be holding more Toyota Paralympic Talent Search Days. See the dates and locations below.

Each day is an initiative of the APC to identify people with physical disabilities and vision impairments who display the athletic potential to one day make it to Paralympic level competition. All age groups are welcome to participate in the program however at this stage it is difficult to provide specific pathway advice to younger participants.

The day will enable the APC to test participants for Cycling as well as allowing for further information to assist the participants to evaluate what level they want to engage in Cycling at, whether it is as a recreation rider through to an elite Paralympian.

As part of the grand development plan, we aim to establish a strong pathway that includes each state cycling federation to facilitate further training, coaching and competition opportunities.

- Do you have a Paralympic disability?
- Do you dream of being a Paralympian?
- Do you cycle or are you interested in Cycling?
- Have you even considered it?

If you have answered yes to these questions, you should come along!

For further details about a day, including registering for the day (a registration form is

attached), please contact Tim Matthews at the APC directly.

Tim Matthews
Manager Talent Search, APC
Telephone: 03 9614 6800
Email: tim.matthews@paralympic.org.au
Website: www.paralympic.com.au

| Date | State | City | Venue |
|------|-------|------|-------|
| | | | |
| | | | |

Calendar

January 2009

| | | | |
|----|--|------------------|---------------------|
| 24 | NHS Round 3 - Paraprap Circuit RR | Geelong CC, VIC | CycleSport Victoria |
| 25 | NHS Round 3 - Port Melbourne Criterium | St Kilda CC, VIC | CycleSport Victoria |

February

| | | | |
|-----|---|---------------------------|--------------------|
| 3-8 | Australian Para-cycling Track C'ships | Adelaide, SA | Cycling Australia |
| 21 | NHS Round 4 - Balmoral ITT ** Australian Para-cycling Road Championships for HC & CP1/2 | Balmoral CC, QLD | Cycling Queensland |
| 22 | NHS Glass House Mountains RR (TBC) ** Australian Para-cycling Road Championships for HC & CP1/2 | Sunshine Coast CC, QLD | Cycling Queensland |

March

Contacts

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Australian Sports Anti-Doping Authority (ASADA)
Telephone: 1300 027 232
Email: asada@asada.gov.au
Website: www.asada.gov.au

**** Special thanks to the APC for their ongoing support ****

The Para-cycling Update is distributed on the last Friday of each month for the next month.
Email brett.hidson@ausport.gov.au or fax 08 8360 5800 to contribute, subscribe or unsubscribe.
This newsletter is only accessible via email.



EVENT: _____



**PARALYMPIC TALENT SEARCH
SPORT SPECIFIC REGISTRATION FORM**
Please complete one form per person

CONTACT INFORMATION:

Name: _____ Contact Number: _____

Contact Address: _____

Postcode: _____

Email Address: _____ Date of Birth: _____

Emergency contact person & phone number: _____

How did you hear about this event? _____

Occupation: _____

If student, what school/university do you attend? _____

If under 18 years of age please state the name of a parent/guardian? _____

ABOUT YOU:

What is your disability/ies? _____

Will you be using a wheelchair for this event? No Yes-Manual Yes-Electric

What sports do you currently play (if any)? _____

If applicable, which events? _____

At what level do you play/compete? _____

Are you a member of any sporting clubs? Please list them: _____

What do you like about playing sport? _____

Have you previously been classified? Yes No

If yes, in which sport & what is your classification? _____

Have you snow skied before? Yes No

Are you interested in alpine or cross country skiing? Yes No

Have you been to a Paralympic Talent Search day before? Yes No

If you answered yes, where was it? _____

If you do not want to receive further information from the APC, please tick box

Please return this registration form to:

Tim Matthews
Australian Paralympic Committee
PO Box 277, COLLINS ST WEST, VIC, 8007

Ph: 03 9614 6800
Fax: 03 9614 3074
Email: tim.matthews@paralympic.org.au

*Please ensure that you have read the "Sport Specific Fact Sheet" for information on the day, including what to bring. If you have any questions, please contact Tim Matthews on the details above.