



# Juniors

## Membership

To join Randwick Cycling, please go to the [AusCycling website and review the information about Active Kids vouchers](#), join, and then choose Randwick Cycling Club with the appropriate licence.

The Club will reimburse 50% of the cost of juniors' membership. Once you have paid, please email your receipt and bank account details to [treasurer@randwickcc.com.au](mailto:treasurer@randwickcc.com.au)

## Uniform and equipment

**Uniform:** The Club subsidises the cost of the Club uniform (kit only) by half the retail price. We ask that all junior competitors compete in their Club uniform at interclub or State events. Specific juniors kit can be purchased online at [ChampionSystem](#). Should you have any specific sizing or other queries in relation to your kit purchase, please make contact with ChampionSystem directly on (02) 8030-7080.

**Helmet:** A good quality helmet that meets Australian Standards.

**Shoes:** Fully enclosed shoes (training shoes are fine)

**Bike:** You are encouraged to bring a bike that your child prefers to ride. The Club does have a small number of bikes for the juniors to use on a short-term basis to familiarise themselves with a road bike, until such time as they get their own.

## Gear restrictions

AusCycling has implemented, [as part of its rules](#), a responsible initiative in the establishment of restricted gear ratios for junior riders. These restricted gear ratios ensure two things:

- Young developing body joints will not be damaged by pushing huge gears
- Young riders will learn to spin at a high cadence

The maximum permissible rollout in metres for one rotation of the cranks.

- |          |      |       |       |
|----------|------|-------|-------|
| • U9/U11 | 5.5m | • U17 | 7.0m  |
| • U13    | 5.5m | • U19 | 7.93m |
| • U15    | 6.0m |       |       |

For more information, visit [https://www.bikecalc.com/gear\\_meters\\_of\\_development](https://www.bikecalc.com/gear_meters_of_development) or contact [juniors@randwickcc.com.au](mailto:juniors@randwickcc.com.au)



RANDWICK CYCLING CLUB PRESENTS THE



# HEFFRON PARK JUNIOR CYCLING ACADEMY

Tailored for 6-15 year old Junior Cyclists from all Clubs (see over for full details).

Bring your kids along for a mixture of skills and races under the watchful eye of an experienced coach in a safe, traffic-free environment.

**EVERY SATURDAY FROM 1:00PM TO 2:30PM AND  
THURSDAY FROM 4:00PM to 5:00PM AT HEFFRON  
PARK, MAROUBRA (DURING THE SCHOOL TERM)**

# FOR JUNIORS FROM ALL CYCLING CLUBS...

The Heffron Park Junior Cycling Academy is for everyone!\* There will be a nominal \$5 fee\*\* for each rider per week. If Clubs would like to cover this fee for their riders please contact us and we can invoice on a monthly basis.

\*Juniors will need a licence via Cycling Australia. We will allow two trial weeks before a licence is needed.

\*\*No fee payable for members of Randwick Cycling Club



## OUR GOAL IS TO MAKE CYCLING FUN...

We welcome kids with all types of bikes and of all abilities. We have some junior road bikes for kids to use. Each week we split into three groups and do some skill work followed by races. The aim is to get the older juniors ready to race Div 5 and continue with their cycling.

For enquiries please contact Andrew, Shariff, or Daniele  
at: [juniors@randwickcc.com.au](mailto:juniors@randwickcc.com.au)