

OUCC WOMEN'S TEAM MEETING 1 DEC 04 MINUTES

Present	Kat Smart (captain), Danny Axford (coach) Rachel Hughes, Katie King, Helen Haworth, Marcie Reinhart, Anna Harnmeijer, Sian Alexander, Sam VanGerbig (nonstudent)
Apologies	Charlotte Lemanski, Rachel Knibbs, Ruth Smith, Helen Grote, Kirsty Hewitson (postdoc), Pamala Adamson (postdoc), Lesley Parry-Jones (postdoc), Lucy Power (nonstudent),

ATALANTA'S SPONSORSHIP DEAL

Attached to this email are the details of the grant application that Danny and I made to Atalanta's. I asked for half a grand to go towards various costs of racing such as travel and race entries. Exact details will be made available as soon as the Atalanta's trustees confirm figure of the grant. I will then know what it can realistically cover and who is eligible for support. Worst case scenario is that the nonstudents amongst us will not be subsidised

LEVEL OF COMMITMENT REQUIRED

Squad will need to fit 5 -10 hours in per week from Feb to Sept, one gym session per week, one team training ride per week, must be committed and train to win!

LOGISTICS

Transport! Do any potential team members have cars that they would be happy to use? This would obviously be ideal. We could get a team of 4 (including bikes and maybe one helper in 2 cars). This would save money on hiring vehicles and we would probably be able to cover all fuel costs.

Lucy, Helen, Rachel H and Kirsty can drive. Kirsty is the only one with a car, Lucy has a van that could take the whole team plus bikes, Helen might be able to borrow a car.

Marcie had the great idea of asking for sponsorship from a van/car rental dealer. It's a great idea and would reduce out costs a great deal. Marcie has kindly said she will approach various companies and ask for sponsorship.

TEAM TRAINING PROGRAM

Coaching: Danny would very much like to attend these events, or at least one, with the team but obviously he has his own races to do (and his own training also). He will take the team out on a few pre-season sessions but everyone should understand that he is not a full time coach and has a degree to do too! But that does not stop him from being determined to get results!!!

Practice Races: We need to do a few practice races to get everyone up to speed with racing in a bunch. The WRCA handicap races, which are in the last week of March (dates not out on the WRCA website yet www.wcra.org.uk/calendar.htm and are finalised in January) would be a great place to start. A handicap race organizes the starters into different groups based on ability/category (categories range from 4th through 3rd 2nd 1st to Elite). The lowest category starts first, with subsequent groups starting at later intervals spread over a few minutes. As with other road races the first across the line wins. If it is your first road race you will be 4th category and start in the first group.

Team Riding: We need to have one team training ride per week. It is essential for the squad to learn to ride as a team and be able to read signals from your team mates and understand team tactics. We need to set a fixed date and time for this.

Team Training Program: There was some debate of flexible vs structured training programs. It ended up that half of us need a structured program and half a flexible one. So it was decided that there would be two fixed sessions per week, the team training ride and a team weights session at Iffley, otherwise it will be an organisational disaster each week. The other sessions will be flexible and fit around people schedules, and can be individual or group its up to each person to decide.

Danny is happy to write individual programs for the squad tailored to your fitness/degree commitments etc. Just email him at: daniel.axford@st-cross.oxford.ac.uk

SOMETHING TO GET STARTED ON OVER THE VAC

Rides: Ideally 3-4 but at least 2 (if you are working) rides per week of about 1.5-2hrs, you may want/need to build up to this and duration should be weather dependent too. The Women's team events are up to 60miles in distance (3hrs). Ultimately we would want to be riding for this length of time (don't worry about it now) but focus on quality rather than quantity. These rides should be at a reasonable pace, as a rough guide your breathing should be such that you have a little trouble maintaining a conversation. Hills will definitely make you work hard, but don't ignore flat roads, try and pace your efforts so you are working hard right the way through. This could mean you are holding back a little climbing the hills but then pedalling hard all the way down the descents. As a guide to speed, the few group rides we have had have been averaging 15.5-17mph.

Turbo: Turbo sessions are great in the winter to keep up on your high quality (aerobic/anaerobic level) when the weather is bad. If you do get hold of one for the days when the weather is bad then I usually have turbo session last 30-45 mins (anymore can be soul destroying) This would be 10 mins warm-up (gradually build up to a point where you are breathing hard and starting to sweat). Then aim for 20mins v. hard effort. So this could be 20mins at time trial pace (ie as fast as you can maintain for the duration), 2x10min with 5min rest, 4x5min with 3mins rest. Then there are proper interval sessions with either 1 or 2mins maximum effort with 1-2 mins rest (as many of these as you can manage perhaps in two blocks with a longer rest period between blocks). You should be exhausted at the end of these sessions!

Weights: Weights should probably focus on leg power (this basically means squats) but shoulders, back and arms should not be forgotten (Also rowing ergs are an excellent form of cross training that works these muscle groups). 15-20 reps/set for strength-endurance, 4-6reps/set for max-power development and make sure you warm up properly.

TARGET RACE DATES

Provisional race dates:

10 April	Women's Team Series	Nottingham
17 April	Women's Team Series	Towcester
1 May	Crowhurst Road Race - Women's Team Series	Surrey
8 May	Women's Team Series - Team Time Trial	Surrey
28-30 May	3 Days of Bedford – Team Series	Bedford
2-3 July	Danny Boy RR – Women's Team Race Series	Limavady, N. Ireland
7 August	Women's Team Series	Towcester
27 August	Women's Team Series	Darley Moor
25 September	Women's Team Series	Leicester

OTHER DATES FOR YOUR DIARIES

6 March	Cuppers 10 mile TT	Stadhampton
26 March	CTT Time Trial Series	Central
3 April	WRCA Road Race	Beaulieu, Hants
16 April	CTT Time Trial Series	North District
30 April	BUSA 10 mile TT	Oxford (Cumnor)
1 May	CTT Time Trial Series 3	Yorkshire
7 May	Varsity race – 25 mile TT	Cambridge
14 May	WCRA Time Trial Championships	Bedfordshire
22 May	CTT National 10 mile Championship	Cheshire
4-5 June	CTT National 25 mile Championships	South Wales
25 June	BC National Women's RR Champs	Terrington, N. Yorks
26 June	CTT National 50 mile Championships	Teeside

KIT

Team members need the new OUCC jersey with Atalanta's badge sewn on (part of sponsorship agreement). We need to find out where to get the badges made. Someone suggested Shirtworks?

SELECTION CRITERIA

It was agreed that selection would be initially based on some "practice" events in March. Last year there were a series of womens events at Milton Keynes in March and hopefully these will be running again. The first race of the season will be cycling cuppers (This is a 10 mile TT organised by the cycle club and non-student members can ride). This will be the initial "selection" race and usually falls on the first Sunday in March. Additionally some riders are thinking about entering a team for the National 10 and 25 mile championships. Riders interested in these events will need a qualifying ride (any open

event), the BUSA 10 and 25 should be suitable. However, since entries need to be made 4 weeks in advance another event may need to be ridden (this is obviously the case for non-student members who can't ride BUSA).

RELATIONSHIP WITH CENTRAL TEAM

There are potentially 16 women interested in committing to an Oxford team which is fantastic! I have contacted Richard who is the central team manager and he was very supportive of our team. However there is the factor that the OUCC team may not be able to fund nonstudent members, so people might want to race for the Central team for that reason – and that's cool. But although we are not fully funded The OUCC team does have the advantage of training as a squad and a fab coach.

MATTERS OUTSTANDING

- Team Training Ride: Need to fix a day and time.
- Team Weights Session at Iffley: Need to fix a day and time.
- Atalanta's Patches: Need to ask Shirtworks, any other suggestions?
- Sponsorship from a van/car rental dealer: Marcie will approach various companies and ask for sponsorship.
- BC membership and a racing licence: Need to discuss how you get one in next meeting.
- Publicity: Photo shoot of squad in kit + Atalanta's patches for Atalanta's board of trustees
- OUCC Membership: Squad members must be OUCC members. Membership forms can be found at <http://users.ox.ac.uk/~cycling/membership.htm> please print it, fill it out and send it to Kev Knights at Chemistry