

2023 Sundrive Velodrome Plan

There is a general satisfaction in relation to value for money although it can be expensive for regular attendees and strangely enough even though most people are unhappy with paying a booking fee for each individual session, the most mentioned improvement which would affect attendance was knowing in advance within reason as to what the focus/plan for a session would be. There is also quite a low satisfaction rating in relation to Youth Activities.

There is also quite a high level of interest in a season fee option and we need to pitch this correctly as we need to take in enough to cover coaching costs, but also to make it good value with the hope that it will improve overall attendance. We did have a meeting of interested parties which at times struggled to stay on point and to focus on the stuff we can change readily which will improve the overall attendance and experience. We are also carrying a few 'Yellow Cards' forward into 2023 and we need to focus on ensuring we improve participation in those events.

There was one response which was quite negative in relation to how they felt coming to the track from outside Dublin, but this was not signed which is of course fine but we are unable to address or deal with their view. They can of course email me or phone to discuss in confidence.

Events with Yellow Cards

Junior Women
Senior Men's Pursuit
Senior Women's Sprint
Men's Team Pursuit
Women's Team Pursuit
Masters M40
Masters M60

In some of the above we were just one rider short of required entry, but there were some events where entry was significantly down on previous years and we need to re-vitalise interest in those events namely Team Pursuit. We also have a significant challenge in addressing falling numbers for Men's Individual Pursuit at both Senior and Masters level. We also need to step up training for Madison and run that at Nationals in 2023.

Proposed Action Plan

(1) Sundrive Fees : Introduce a Gold / Silver / Bronze option in relation to 2023 Sundrive fees.

Gold - Will include all Training coached and Open Sessions, Bike Hire, Facility Fee, and League entry.

Silver - (to be specified)

Bronze – Facility Fee and every thing else can be pay as you go.

We have yet to finalise final pricing.

(2) Saturday Training : This will be a longer session and in the early season will include Youth and Senior. We will work towards a general overall 6 week progressive plan. Each session will include a 15-20 minutes warm up, drills to improve fitness, skill and speed, a coached segment based on one particular event, and we will finish sessions with a race. Session plans and nominated coaches will be published in advance. We would hope that pre-planning and longer sessions

will improve attendance and make it especially worthwhile for those coming from further afield. We will also trial 'sprinter slots' within the session but this will depend on how many sprinters and we would require them to be agreeing to do something similar as this won't work if some want to do flying 200's and others e.g. standing efforts. We would also expect sprinters to integrate into the planned session where possible. There will of course be weeks when there are separate sessions for sprint.

(3) Monday Training : We will get back to where we used to specify the entire session in precise detail with recommended gearing for session etc. The sessions will move at pace and there won't be any room for those wishing to implement their own plan although some sessions will be sprint based, there may also be endurance sessions where TT bars will be welcome and this will be also advertised in advance.

(4) Youth Training : For early season accredited youth will be welcome at the Saturday session and as always, U14's upwards are welcome on Mondays. Later in the season we will be holding Youth Racing on some Saturdays within a two hour slot. We will be including other events apart from TT, Scratch and Sprint and a loose plan would be Week 1 – Training and new Youth welcome, Week 2 – Training to include training for a specific and perhaps new event, Week 3 Racing which will include that new event (e.g Points Race/Team Sprint/ Madison). The Paddy Doran Omnium will move to a later date to improve participation.

(5) Leagues : We will trial alternating Wednesday between Endurance and Sprint Leagues. We did run with the format of Long/Short/Long Skill/Short in the endurance league last year and this should also suit Sprinters if they use the first long as a warm up and the Short would be Mile and Kilo or something similar. We will run a reduced number of Saturday Sprint Leagues. We also plan to run a 3 week Women's Saturday League early season, perhaps every second week and follow it up with a trip to race in Herne Hill with a

reciprocal visit from them.

(6) Open Sessions : We will have a Sprint 'open session' before Monday Training where people can implement their own specific plans but we will have a coach on hand to assist and supervise. The Wednesday pre league open session will also alternate between Sprint and Pursuit/Team Pursuit in that on weeks of Endurance League, we will host a 'Sprint Open' session and on the weeks on Wednesday Sprint League, the preceding session will be for Pursuit/Team Pursuit and riders will have an option of being coached, implementing their own plan or being timed with feedback. All 'Open Sessions' must be supervised by a Cycling Ireland Coach and all riders must sign in. There is also a session fee for all these sessions but they would of course be covered under the Gold or Silver plan,

(7) Accreditation : We will perhaps combine Accreditation with an Open Sprint (or Endurance) session to make better use of the track and it may help encourage new riders to see what track is ultimately about. It would also be a more efficient use of our coaching resources. We may increase the Accreditation fee to €20 but that would also include payment for their first subsequent session and could be credited to any subsequent take up of a Gold or Silver membership.

(8) Team Events : We would host a Team Event earlier in the season to give people a taste of Team Sprint/Team Pursuit and we might run the pursuit over a shorter distance (3k) with an option for 3 or 4 riders and also that Teams can be mixed from any club. We can also assign a coach to assist any new teams.

(9) Madison : This will be a coached element in some training sessions with the ultimate aim to integrate it into some leagues and ultimately run it as part of the Senior Nationals again.

(10) Derny : These sessions are used to promote top end speed but we will also use the derny at times for normal training but will involve strings rather than individual efforts. We also propose a

'Yellow Card' system for anyone who signs into a derny session and fails to show with a one week ban if they fail to contact us in advance to cancel. There is nearly always a waiting list for these sessions which we manage. Failure to show on two occasions will result in being excluded from derny sessions altogether. Please note that payment of a season fee doesn't guarantee inclusion in all Saturday derny sessions due to limited availability.

(11) National Events : It is proposed that we move the 500m/Kilo TT to the same weekend as the Team Sprint/Team Pursuit and move the Keirin in the other direction to be paired on an alternate day to the Sprint at senior nationals.

(12) Proactive Engagement : It is our intention to promote the track with local school, Transition Year students, and youth groups and also to directly engage clubs in relation to Team Events. We also have a need to increase Masters participation and in particular M40s as we were short there in 2022 and quite a few of those will be racing M50 in 2023.

The above list is by no means definitive regarding all that we need or intend to do to improve the overall experience at Sundrive and all of the above is still open for tweaking and if anyone have any suggested addition or amendment they can contact us asundrive@trackcycling.ie.

Regards

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