

ADDENDUM

Any additional comments regarding the sessions or overall agenda?

Keep them going, love the Wednesday leagues!

I haven't attended the public sessions so I cannot comment. The bulk of the work done at sundrive is by a minimal amount of volunteers and I would like to see the load spread out more. This will allow those who are being relied upon too heavily to get some breathing space and give the opportunity for others to learn from them. I think this should be done a little more assertively by directly asking others to come and do certain work or sessions, people who are not the usual, to allow for a transition of new blood and old for when our steadfast and diligent volunteers must stop for one reason or another. I think at least one coaching course each year to encourage current riders to get trained up and also our older coaches and volunteers to get refreshers

Madison training. Some of my answers to logistics Q can be ignored because they're not really relevant to me.

How can we give more people key access and book track time? I think this would be great and help people train better around their schedules. The track lies empty for a lot of the season so it would be great to maximise the use of the facility. Overall the team does a fantastic job running the season and I'm thankful for their sacrifice.

Monday sessions are good but this year seemed to spend too much time on skills, which may be better suited to Saturday. I would like to see much more emphasis on riding to a pace (pursuit) there was loads of that pre-covid and it was excellent.. Also, i think there should be drills given out or published for riders to do in between sessions to reinforce what they have learned week to week, and then more content on the website for training. Might be worth doing some sessions on gearing and how to progress with gearing as I don't think a lot of people know what they're doing in gear selection.

More detail on session content prior to attending, including derny

I hate event masters fees, I think they screw us over unnecessarily. I'd gladly pay for a gold membership just to know I'm not funding them. The only thing they've added this year was the option to sponsor my Wednesday training, stupid! And they still have the bug I reported! Perhaps extend sprinter League , perhaps shorten spring/ summer league to make a spring, summer, end end of summer league?

Being able to click on a calendar entry and have a payment link would be useful.

In the interest of fairness for session places and bookings there needs to be a level of responsibility for riders who know they will not be able to attend a session they have already booked in for to cancel their booking so that the place can be made available for another rider very daunting and new riders not felt welcome especially when not from Dublin, specifically sundrive team

Have an endurance event the day of the national team events i.e a tempo or points or madison championship. Have a spot prize night/ race during the Wednesday league or a race where you get double points. Include team pursuit in the Wednesdays league in the run up to champs. Keep sprint and mid-week league separate. Move the sprint league to Sundays as people tend to head off after a certain time on Saturday. Have more keirins at the sprint league. Create a women's group in the sprint league if interest is there (can still race men based on level)

Very strong favouritism shown towards local cyclists from some Sundrive coaches. outsiders persistently made to feel extremely unwelcome at Sundrive track.

Keep up the good work.

Having joined up as a new rider last year I'm really impressed with the value for money and quality of the coaching. I can't believe more people don't do it. When I first joined it was difficult to find out any info on where to sign up etc. but once I found track cycling, ie it was a bit easier. I think there could be more of a notice board or signage at the entrance to the track. I know there's a small sign up now but there could be more of an open invite extended to interested parties. In terms of the agenda, is there any appetite for morning training in the summer? Or another training evening Thursday/Friday?

I hear the SQT on Mondays is very good and better than Saturday training. Sadly Monday nights is the one night I can never make with my current mix of work. Is it possible to incorporate SQT on Saturday as well? Or are they intended to meet different needs and requirements

Saturdays to be longer with mix of coaching new, and general fitness but working to an overall plan. Mondays to be harder flowing training like it use to be with session plan advertised in advance plan

I would like for longer distances in league races or maybe an a/b final race which is 15/20k long at the end

Skills should be covered on Sat senior training and Monday for more effort based training. Some race events such a Keirin and Team Sprint are not trained for enough during the year - for many riders their first opportunity to ride one is at a national event which is crazy. Wednesday league should be overhauled - very few sprinters attend as it's mainly focused on endurance races which they've no interest in. Perhaps Wednesday league nights should be split between Sprinters Nights and Endurance Nights- very few riders bridge both disciplines and so a mixed night isn't suitable. It would provide rides with breaks to participate in other events elsewhere.

Sprinters on a Wednesday evening before track league commences at 6.30 are still rolling around the track and doing standing starts. This can be quite dangerous as their session has ended and the league warmup has begun. Quite often there have been near misses with children warming up on the track as a rider is doing a standing start.

No other comments on the sessions. I'm more likely to check the website for information than Facebook.

Easier payment for two or more in a family

I'm not sure if leinsters has always been after nationals or not but I personally would prefer to do Leinsters before nationals if that was possible as it gives a stepping stone to nationals as there aren't much big races before nationals

As above, access to track for sprint training and also more sprint comps would be great to get match sprint practice. Happy to pay more if necessary for this.

I propose that we discontinue the IVCA champs. All IVCA members can ride in the masters champs and IVCA numbers alone do not justify the level of effort by Hugh et al. to run them. I think a Sundrive velodrome forum might be a good idea, something like lfgss.com that is on a microco.sm forum. There could be a place for selling stuff or organising group buys from websites and private sub forums for each club who wants one that are only visible to their members who are registered and signed in. It could make organising things a bit easier, like group rides for example. At the moment it's WhatsApp groups not everyone are in which are annoying and hard to follow, or Facebook which some people don't use any more. There could also be a sub forum that only admins could post in that could give email notifications if sessions are cancelled due to rain because at the moment it's hard to know if a session is cancelled- would it be posted on the website, the Instagram, Facebook or should I text someone and ask.