



SOUTH AFRICAN PARA-CYCLING

The sport of para-cycling (i.e. cycling for people with physical disabilities and visual impairment) is, at the senior level, fully integrated into the organisation of the national federation, Cycling South Africa. A para-cycling commission is established within the structures of Cycling South Africa and this has equal status as the federation's other commissions (e.g. Mountain Biking, Road, Track, BMX).

There is a strategic plan in place for South African para-cycling, which focuses on the following key initiatives:

Para-cycling for all

Fundamental in terms of responsibilities of the para-cycling commission, is the empowerment of people with physical disabilities and visual impairment to actualise their potential in life through the sport of para-cycling. This requires an enabling environment to be created in which riders can be informed about the sport and participate in it at whatever level they choose (competition; recreation; administration).

Actions planned to advance this initiative include:

- Generally alerting people with physical disabilities and visual impairment to the possibilities offered by SA para-cycling;
- Contact with schools for special needs children to provide them with

the basic infrastructure to enable interested learners to participate in the sport [e.g. a 'training the trainers/trainers' component (coaching)] and providing opportunities for fun and competitive cycling (regional fun-rides, national championships, etc.) and sponsorships for equipment purchases and team participation in events (e.g. through grant applications to Lotto and the Department of Sport and Recreation);

- Contact to be made with spinal injury rehabilitation centres, with the same objectives as above;
- Replication of Western Cape's league race system in all provinces (see www.wpcyclingpd.co.za); and
- Lobbying with able body event organisers to include para-cycling in their events, with account to be taken of race distances and route gradients that are suitable for para-cyclists, groups in which different classes can compete, etc.

Talent identification and development

The aim is to significantly increase the pool of competitive para-cyclists in order to position South Africa to claim podium place finishes at all UCI C1, World Cup and World Championship events and, ultimately, at the Rio 2016 Paralympic Games. Structures will

be put in place, and resources allocated, to develop the most promising track and road cyclists in order to elevate them to top-tier status.

International competitiveness

In order for SA para-cycling to be internationally competitive, teams must compete in as many of the UCI C1, World Cup and World Championship events as possible. Although the aim of achieving podium finishes in these events is certainly an end in itself, the aim is also to build international competitiveness towards achieving at least 3 medals in the Rio 2016 Paralympic Games. The national team selection criteria for events during 2015 are published on Cycling South Africa's website (www.cyclingsa.com).

High performance support

A well designed high performance support programme will be coupled with initiatives to build the international competitiveness of talented riders.

The programme will entail the following:

- Baseline evaluation and testing of all riders accepted onto the Operational Excellence programme (OPEX, administered by SASCO) as well as other riders selected for the para-cycling development programme. This will be done at sport high performance centres that are located most conveniently for the riders. Thereafter, periodic fitness tests will be arranged, more or less on a 6-monthly basis (riders with suitable equipment will be able to undertake their own fitness tests);
- Riders will be encouraged to engage with competent coaches; and
- There will be centralised monitoring of training programmes and evaluation of training data outputs of riders on the OPEX and SA para-cycling development programmes. A High Performance Management

Administrator has been appointed to implement this process.

Para-cycling database and information system

The SA paracycling database and information system was launched in January 2013 (www.paracycling.co.za). The aim is to employ the system for the following uses:

- To provide a platform for communicating with riders. This will not replace the communication platform that exists through Cycling South Africa's website, but will be complementary to it, with the focus on biometric and performance data capture and analysis and archiving of this data.
- Objective, performance trend-based selection of riders for national teams.
- Easy updating of rider biodata

Riders, coaches, managers, etc, are encouraged to register on the system, entering at least the following information: Name and surname; classification (e.g. H1, C5, etc.) and date of birth. Thereafter, the other data entry fields can be completed as appropriate (contact Roxy Burns for assistance: roxyburns101@gmail.com).

Integration of para-cycling into Cycling South Africa's able body national championships

Good progress has been made regarding the integration of para-cycling into Cycling South Africa's able body national championships. However, more needs to be done to communicate this development and what it requires of para-cyclists to register for and participate in the championships (*road, track* and, most recently, *mountain biking*).

The 2013 road, track and mountain-biking national championships were landmark events in terms of being the first occasions where there was full integration involving para-cycling. This arrangement was in place for 2014, 2015 and is also the case for 2016.

Sponsorship

An annual budget of approximately R2.0 million is required to implement all the above strategic initiatives. SA para-cycling offers excellent opportunities for sponsors to contribute to the sport, for mutual benefit.

The para-cycling commission is administered by people who volunteer their time freely. Supporting the Director, Dr Mike Burns, are the following individuals operating at the central and regional levels of commission administration:

National Coach:

Elrick Kulsen
kulsene@gmail.com
083 5369096

Development Manager:

JC van der Walt
JC.vanderWalt@cobham.com
082 3626535

High performance monitoring and administration coordinator:

Tom Paulsen
tpaulsen@iafrica.com
082 6830491

Head classifier:

Linda Bartholomew
Lindaba@absamail.co.za
083 3059062

Regional Commissioners:

Western Cape:

Dr Mike Burns (acting)
mikeburns101@gmail.com
082 5608199

Eastern Cape:

Yster Xatasi
ysterxatasi@ymail.com

Northern Cape:

Rodwick January
carloj4@gmail.com

Free State:

Rudi Kuhn
rudi@rbprojects.co.za
083 4116233

KZN:

Braam Mouton
ethembeni@mweb.co.za;
082 4486841

North West:

Andries Scheepers
andries.scheepers@implats.co.za
082 8065596

Mpumalanga:

Hendrik Wagener
hpwagener@vodamail.co.za;

Limpopo:

Lionel Smith
sapumpsitt@telkomsa.net;

Gauteng:

Track: Dane Wilson
danewilson@vodamail.co.za
082 8280813

Road: Hilary Lewis

Hilary.lewis@bcx.co.za
082 461 3745

The above individuals are committed to assist riders and all other stakeholders connected to South African para-cycling. Please feel free to communicate with them at any time.

Mike Burns
mikeburns101@gmail.com
082 560819



