



Welcome to the **Sunset Coast BMX Club Franklin!**

One of New Zealand's largest BMX clubs.

BMX is for kids of all ages (*yes that means you too, grownups!*),

BMX is a great opportunity for Mums and Dads to participate in, and share the rewards of an exciting sport with their kids.

Once tried, you'll be hooked for life. Come along, give it a go!

Web Site sunsetcoastbmx.com

email secretary@sunsetcoastbmx.com

Club Mailing Address: PO Box 1349, Pukekohe 2340

Track Address: 80 Attewell Rd, Puni, Pukekohe

HOW TO JOIN OUR CLUB

Application forms available at check-in so come on down and see the team at check in.

Cheques are to be made out to 'Sunset Coast BMX Club Franklin Inc.'

Once the membership forms are completed, please forward forms with 'Citizenship Confirmation'

(Birth Certificate / Passport.) via email, or at the next club night – Details at the top of this document.

FEES

Open Licence - \$120 - Allows riders to compete at all levels of BMX racing in NZ on both 20" & Cruiser Bikes

Club Licence - \$75 - This licence allows Club riders to ride at local club level racing only

Kiwi Sprocket Rocket Licence - \$95– For riders 7 Years and under as at 31 December of any calendar year, allows riders to compete at all levels of BMX racing in NZ.

Prices above are for 1 Licence, Discount for each licence in family is 10% discount for each subsequent licence. e.g. 1 Full Licence, 1 Club licence and 1 Sprocket Licence is as follows; \$120 + 67.50 + \$89.50.

****A one off Track Levy of \$100 is payable per family at the first licence registration. ****

This is to help with the continued improvement of the Sunset Coast BMX Clubs facility.

Your receipt will be returned to you at the next club night with your license. Sprockets will be issued with their number plate but Club and Open Riders will need to purchase their own plates and numbers.

KEEPING YOU INFORMED

SC BMX CLUB will keep you updated by e-mail of general Club related info.

PARENT INVOLVEMENT

We highly encourage all parents to get involved in the club in whatever way they can.

We always need help with the Shop & BBQ, and Clubnight Help (*assisting riders on track or helping with organising riders on clubnights*), help with cleaning up afterwards, working bees etc.

Ask at check-in and we will gladly team you up with someone. This is a great way to feel part of the action, meet new people and show your kids your commitment to their sport.

SAFETY WHILE RIDING

Everyone falls over now and then while racing. Sometimes (not very often) people get hurt. There are things you should do to keep yourself **SAFE WHILE RACING**.

FULL-FACE HELMETS. Full-face helmets are **COMPULSORY**.

WEAR SAFETY GEAR. Always wear long pants, tops with long sleeves such as sweatshirts.

IT IS COMPULSORY TO WEAR FULL FINGER GLOVES AT ALL TIMES.

KEEP YOUR BIKE IN GOOD ORDER. Make sure any loose parts are tightened, or replaced. Take bike stands and pegs off.

TAKE CARE DURING PRACTICE TIME. Ride the whole track, from the start gate. Don't go around the track backwards. Don't ride too fast.

PLEASE DO NOT CROSS THE TRACK DURING RACING. The starter cannot see the whole track.

PARENTS. Please make sure that children who are not racing do not wander onto the track as it is very dangerous. Sunset Coast BMX Club cannot be responsible if children are wandering unsupervised on the BMX track during racing and they are hit. We take every precaution to ensure that the track is clear before starting a race. You are responsible for your child's safety.

SAFETY. If a rider appears injured, by all means go and help. But please assess the injury – check first (the injury may be worse than it appears) before moving a rider. Racing will be suspended until the track is cleared - so you can spend the time to check the rider. We have several parents who have medical training who will be also be able to help.

TRAINING (TUESDAY) / CLUB NIGHTS (WEDNESDAY)

TRAINING

Training sessions are run between 5:30 and 8pm.

Start time - Please be warm and ready to go

Juniors / Sprockets @ 5:30pm - 6:30pm

Seniors / Advanced Riders @ 6pm – 7:30 - 8pm

All licenced riders are welcome, and are encouraged to come to training nights, where some of the more experienced riders give their time to coach other members.

CLUB NIGHTS

Check sunsetcoastbmx.com for Cancellations.

CHECK-IN / REGISTRATION From 5pm approx. on club racing nights, - This closes just before 6pm so we can get racing!

RACING starts shortly after 6pm at the conclusion of our rider briefing.

The first 3 club nights are free, and then once you've got your pedals spinning, you can join up!

Once 3 Free "Trial Clubnights are completed their, It is requested that riders join the SC BMX Club & BMXNZ, along with purchasing their own Race Gear (Helmet etc.) and bike.

Clubnights for SCBMX Club Members cost just \$3 entry fee per rider, per night, or \$5 per family of 3 or more riders

HELPFUL INFORMATION TEAM ON CLUB NIGHTS Around trackside on Club night Look for the Flouro Vests with a big Question Mark (?) on them. They are full of helpful info & useless stories and are there to help you answer any question you may have. . They will even give your bike a quick mechanical check or fix.

FOR HIRE >> BIKES / HELEMETS / GLOVES

A Small fee for these are as follows; Bikes \$5 per night. Helmets \$2 per night Gloves \$1 per night

As these bikes/gear are limited in number, & are aimed at new riders to see if they like BMX, we insist if you join that you actively seek gear & bikes.

If parents are not actually racing, they are still expected to be present at the track and take responsibility for their children, if their children are aged 15 or younger.

HOW TO GET RACING

GET YOUR BMXNZ LICENCE

As per 'How to join' section - These can be applied for after your 1st 3 clubnights or re-applied for at anytime during the race season.

General rule is to get in sooner rather than later as these can take a week approx. to be processed.

7 or younger as at 31 December of any given year require a SPROCKET LICENCE

8 or older – Challenge Licence required

Just want to ride clubnights?

7 or younger as above will still require a SPROCKET LICENCE

8 or older will require a CLUB LICENCE

HOW TO ENTER RACE MEETINGS

These are found via the following links

Sunset Coast BMX Club website <http://sunsetcoastbmx.co.nz/flyers.php>

Cycling NZ page <http://www.cyclingnewzealand.nz/Event?Action=List&code=bmx>

Some are online, some are via emailing the entry form, however if you need help just ask one of the committee members!

MAKE SURE YOU HAVE THE CORRECT NUMBER PLATE

SPROCKET LICENCE (7 or under as at 31/12/Any year):- Red writing on white background
(*issued a plate the first time they licence*).

CHALLENGE Male - 8yrs or older on 20" bike: - Black writing on yellow background

CHALLENGE Female - 8yrs or older on 20" bike: - White writing on blue background

CHALLENGE 24" Cruiser bikes: - White writing on red background

CLUB LICENCE – Red writing on White background

For full details of the letter and number requirements for these plates please refer to THE RULE BOOK.

Come and ask at Check-In as the club can arrange a CHALLENGE / CLUB plate and number for a small fee (Approx. \$45)

MAKE SURE YOUR BIKE IS IN GOOD CONDITION

This should be a rule of thumb all the time. Ensure you have everything, clean, lubed and tightened ready to race!

UNDERSTAND THE RULES

The BMXNZ rulebook is packed full of info regarding things like bike requirements, safety gear, event dates rules, and clubs etc. and is well worth a read.

These can be obtained from the SC BMX CLUB website (sunsetcoastbmx.com), under 'Flyers'.

All events are listed on the Race Calendar prior to the beginning of the race season. These can be at Sunset Coast or other clubs. Some of these might be club events, while others are regional and national events. You must be a licensed rider with BMXNZ either as Open or Sprocket. You

can choose which events you want to attend and send the entries in as necessary. It is over to the rider to decide how many events are attended, there is no minimum requirement. However, once a rider gets a little more serious, some events must be attended to qualify for further events. i.e. the NZ Nationals.

Please ask any of the committee members as they will all be happy to assist you with any questions.

OTHER EVENTS

RACE MEETINGS AT SUNSET COAST BMX CLUB

A Superclass/T-shirt Meet with NZ & Australian Test teams present in October

A day meet in January or February

CLUB CHAMPS / ANNUAL PRIZEGIVING

This is run at the end of our race season, generally within 2-3 weeks of Nationals at Easter Weekend, whereby we run our final race day for all registered club members. A Parents race is held for Mum's and Dad's so they can "appreciate" what the riders have to endure week in, week out. "Nominations" of these riders are arranged on the day!

CHRISTMAS PARADES

Our club generally rides in or leads the Waiuku Christmas Parade in full gear, *(and similarly for the Pukekohe and Tuakau Christmas parade – ALL RIDERS AND PARENTS ARE ABLE TO BE INVOLVED)*

HELPFUL INFO

WHAT DOES "UCI AGE" & "NQM" MEAN??

AGE CLASSIFICATION

As a newbie, you will hear the terms "age on the day" and UCI age and most likely will feel completely confused! No sweat.

While age on the day is self-explanatory this is only applicable to Sprocket Riders (7 years or younger at 31 December)

UCI age is just another way of classifying age for race meetings
UCI age is the rider's age on 31st December of the Current Year.

NB; UCI Age is used for all Major Race Meetings including but not limited to South Island Titles, North Island Titles, National Championships.

NQM – National Qualifying Meeting

Simply put, these are the required meetings to be raced prior to the Annual National Championships.

Currently there is a minimum requirement to complete 4 National Qualifying meetings to enable entry into the National Championships at Easter weekend every year.

Don't worry as there are plenty of these within 90 minutes' drive - Check out the race calendar previously mentioned for those near you.

Alternatively ask a committee member for more information.

WHAT TYPE OF BIKE SHALL I USE FOR RACING / WHAT DOES 20 INCH AND CRUISER MEAN?

For the first few club nights you're welcome use a standard bike from home. However, once a rider has decided to join the club and ride on a more regular basis, he/she may decide to purchase a bike more specific to BMX.

At club nights and other meetings, second hand bikes can regularly be found for sale.

If you need help selecting a bike look for the helpful information Team in the Fluoro vests. Don't forget, there is a limited supply of bikes for hire at the club.

BMX racing bikes are referred to as either 20 inch class or Cruiser class.

The 20" class reflects the 20 inch diameter of the wheels, and can be further broken down to different frame sizes. The frame size is matched to the size of the rider.

The Cruiser Classes reflects a 24 inch diameter wheel.

Bike types and sizes can be a bit confusing at first, but there are plenty of "old hands" out there to help explain these differences. Don't be afraid to ask!

Bike Pads - The following safety pads are recommended;

- A pad that surrounds the crossbar of the handlebars.
- A pad that surrounds the top tube of the frame.
- A pad that covers the stem connecting the handlebars to the fork.
- Refer to THE RULE BOOK for more details on bikes and bike pads.

HAPPY RIDING

SUNSET COAST BMX CLUB COMMITTEE