



**Summer 2017
Wednesday Evening Coaching**

**Walton le Dale Primary School
6-8pm Wednesdays 26th April to 6th Sept**

In 2017 Ribble Valley Juniors will again be running coaching sessions on a Wednesday evening at Walton le Dale Primary School, Severn Drive PR5 4TD.

It is planned for the coaching to run in 4 by blocks of 5 weeks with every fifth week being a "Fun" night with age and ability appropriate races and activities run under the British Cycling Go-Racing banner.

**The cost is just £2.50 per session or
pay for a block of 5 weeks and guarantee your place for just £10**

The evening's two one hour sessions will consist of:

Session 1 Non riders / Novices 6pm - 7pm

This session will concentrate on developing the skills of the young riders, from initially learning to ride through to learning the skills they need to ride and manoeuvre their bikes safely.

Session 2 Core Mountain bike and Cyclocross skills 7pm - 8pm

The first two blocks of 5 weeks will work on basic mountain bike techniques. Then for the final two blocks of 5 weeks we will move to more cyclocross specific techniques.
For this session a basic mountain bike with flat pedals or cyclocross bike is required.

To be able to take part all riders must wear a suitable cycling specific helmet and have a bike in safe working order.

All coaches are British Cycling qualified and DBS checked.

For more information please contact:
Matthew Field Tel: 07855 267512
go-ride@rvjuniors.co.uk

To book a place please fill in the form overleaf and email to the address above or bring it along on your first night.

Forms MUST be signed by a Parent / Guardian

Please visit rvjuniors.co.uk





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Participant Details (please write clearly and legibly)

Name: _____ Male/Female: _____
Date of Birth: ___/___/___ Age on 1st Jan 2016: _____ Club: _____
Address: _____
Postcode: _____
British Cycling Number (if applicable): _____
Telephone: _____ Email Address: _____
Do you have a disability? YES / NO If yes, please give details: _____

Emergency Contact Details

Name: _____ Relationship to Participant: _____
Contact Telephone Number(s): _____
Email Address: _____

Medical Information

Please make a note below of any medical conditions you feel we need to know about. If you have any concerns about your child participating in any form of physical activity then please consult your GP before giving permission for your child to take part in these Go-Ride / Coaching activities.

I being the parent/guardian of _____ have read the information contained in this notice and hereby consent to my child taking part in the coaching sessions and understand and agree that my son/daughter participates in coaching sessions under instruction by British Cycling Qualified coaches entirely at his/her own risk. I have considered the nature of such sessions and have discussed them with my son/daughter. I am satisfied that my son/daughter is sufficiently responsible and competent to assume full and entire responsibility for his/her own safety under the supervision of a British Cycling Qualified coach. I am also aware that Ribble Valley Juniors or British Cycling may take photographs/video footage during the Go-Ride/Coaching activity and give permission for them to be used for various publicity and coaching purposes.

Signed (Parent / Guardian): _____ Date: _____

