



**Summer 2017  
Monday Evening Coaching**

**UCLAN Preston Arena  
Preston, PR1 1SG**

**6.30-8.30pm Mondays 24th April to 21st Aug**

Mondays 24th April to 21st August at  
UCLAN Preston Arena, Tom Benson Way, Preston, PR1 1SG.

The evening Cycling Coaching Sessions for youth riders return for 2017, run by willing volunteers from the Ribble Valley Juniors Cycling Club.

The sessions will follow a similar format to previous years with the aim to develop riders' cycle racing skills, from novices to those wishing to compete at a higher level.

**The cost is just £2.50 for 1 hour or £4 for 2 hours**

As in previous years, with the aim of improving the focus of the coaching and to cater for a range of abilities, riders will be strictly allocated to one of three groups. Movement between groups will be by coach agreement only.

Due to Bank holidays there are 16 coaching weeks, it is our intention that weeks 8 and 16 will consist of some competitive games and activities based around the coaching already done.

Notes:-

- 1 To be able to take part all riders must wear a suitable, cycling specific helmet and have a bike in safe working order.
- 2 Riders in the Advanced group should expect to ride for both hours and be self sufficient .
- 3 In the unlikely event that numbers exceed capacity, priority for places at the session will be allocated on the following order of priority:
  - 1 Riders from a British Cycling 'GO-RIDE' club.
  - 2 Riders with a current B.C. Racing Licence.
  - 3 Riders with a current B.C. membership.
  - 4 Others

**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](mailto: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](http://rvjuniors.co.uk)**





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**Participant Details (please write clearly and legibly)**

Name: \_\_\_\_\_ Male/Female: \_\_\_\_\_

Date of Birth: \_\_\_/\_\_\_/\_\_\_ Age on 1st Jan 2017: \_\_\_\_\_ 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: \_\_\_\_\_

