



**Summer 2019
Monday Evening Coaching**

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

6.30-8.30pm Mondays 15th April to 19th August

Mondays 15th April to 19th August at
UCLAN Preston Arena, Tom Benson Way, Preston, PR1 1SG

The evening Cycling Coaching Sessions for youth riders return for 2019, 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' cycling skills, from novices to those wishing to compete at a higher level

The cost is just £3 for 1 hour or £5 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 17 coaching weeks, it is our intention that weeks 9 and 17 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

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 2018: _____ 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. you have any concerns about your child participating in any form of physical activity the 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: _____

