

Club contact: **Charlie Codrington, 07930 406610**



The following has been taken from the Dulwich Paragon Youth Program, with their (Charlies) permission!

Aims and outline

We aim to:

- Encourage riders to improve their cycling
- Prepare riders to become good riders and racers
- Confidence to ride well, even if they don't want to race
- Prepare riders for riding with Adult clubs

How to do I get started?

Read though all the relevant sections below and come and join us on the next introductory Saturday ride (every other weekend details on the event calendar).

Remember if your parent is not joining you on the ride you must bring a signed parents consent form along and give it to the ride leader.

Membership

Criteria for membership are

- You are at least 12 years old
- Can ride at Level 2 Cycle Training
- You are a member of British Cycling

Membership of British Cycling is mandatory for all HHYCC development squad members (for the insurance cover the [BC membership](#) gives) NB 1st year Youth membership to BC should be free, ask them directly.

Level 2 Cycle Training Standards

The Level 2 Cycle Training Standards requires riders to:

- start and finish an on-road journey
- observe the environment and factors that may affect their riding
- signal their intentions to other road users
- ride on the correct part of the road they are using
- pass side roads, parked or slower moving vehicles
- turn right and left on a major and minor road
- take the correct carriageway lane when they need to (eg at roundabouts)
- demonstrate a basic understanding of the Highway Code.

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Notes for parents/guardians/carers

Your Responsibilities

While your son/daughter/charge is on any Development Squad activity you must:

- Be aware of the route taken
- Be able to rescue him/her if necessary

Equipment

What bike? What clothing? Help! It can be daunting for your child to turn up for their first ride on their trusty old steed only to find everyone decked out in matching lycra and latest carbon fibre technological masterpiece. Don't despair; it's more about the rider than equipment, most of our best new riders turned up to their first rides in the same state of apprehension!

That said, the keener, fitter and faster your child/teenager becomes the more expensive and expansive the kit will be, don't worry, plenty of conflicting advice to hand!

Safety

The club has 2 British Cycling trained coaches, and access to a hardcore of 12 experienced riders who have been CRB checked. All the routes have been risk assessed, and when organising any ride the club follows British Cycling Code of Best Practice.

That said, most of the activities take place on the open road, British Cycling's Code makes helmets mandatory along with the requirement that cyclists ride to National Level 2. This has taken over from the old Cycling Proficiency, ensuring that your child has a reasonable level of road sense. If a ride leader deems your child does not ride to these standards we will put you in touch with coaches who will be able to advise you.

Useful Links

BC Youth Membership www.britishcycling.org.uk/membership/article/memb20110107-Youth-and-Under-12-Members-0
Rider HQ (Calendar and race entry) <http://www.riderhq.com/>
London Cycle Sport for results and Complete Calendar <http://www.londoncyclesport.com/>
Gorrick (Mountain Bike) <http://www.gorrick.com/index.php>
Beastway (Mountain Bike) www.beastway.com
Herne Hill Velodrome (Track) www.hernehillvelodrome.com

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Program outline

Below is an outline of rides and racing opportunities the club can offer for teenagers.

BC

Age	Category	Riding Opportunities	Racing
12	Youth B or C *	<ul style="list-style-type: none"> • Road Saturday rides with the steady group stronger riders joining the intermediate paced groups, • MTB periodic rides with HHYCC • Midweek training sessions, winter roller sessions Summer endurance MTB at Velodrome • Track (summer only) Introductory sessions on Friday evenings, training Monday eves 	<ul style="list-style-type: none"> • Road Saturdays Hog Hill, Hillingdon, Tues even (summer) Crystal Palace • Track Wednesday evening (summer) • Cyclo X London Leagues (winter) • MTB Gorrick (winter) Southern XC (Autumn)
13	Youth B	<ul style="list-style-type: none"> • Road Saturday rides with the steady group working towards joining the intermediate paced groups, • MTB periodic rides with HHYCC • Midweek endurance sessions, winter roller sessions Summer endurance MTB at Velodrome Indoor roller sessions in Winter • Track (summer only) Introductory sessions on Friday evenings, training Monday eves 	as above
14	Youth B-A	<ul style="list-style-type: none"> • Road Saturday rides with the intermediate paced groups working towards riding with the faster paced riders, • MTB periodic rides with HHYCC • Midweek endurance sessions, winter roller sessions Summer endurance MTB at Velodrome • Regional School of Racing (RSR's) Stronger keen riders will be nominated to join one of BC's Regional School of racing • Track (summer only) Introductory sessions on Friday evenings, training Monday eves • Sportives Riders may consider joining longer more organised rides for example the DP Ride of the Falling Leaves 	as above. NB riders wanting to be nominated for RSR's must be racing regularly before their nominations will be considered by BC coaches. Strong Cyclo X/ MTB riders should consider riding in the National series

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15	Youth A	<ul style="list-style-type: none"> • Road Saturday rides with the intermediate/fast paced groups, • Youth Chain Gangs, aiming to join regular Wednesday evening Chain Gang. • Adult winter roller sessions • Regional School of Racing (RSR's) Stronger keen riders will be nominated to join one of BC's Regional School of racing • Track (summer only) Introductory sessions on Friday evenings, training Monday eves • Sportives Riders may consider joining longer more organised rides for example the DP Ride of the Falling Leaves 	<p>As above including:</p> <ul style="list-style-type: none"> • MTB Beastway (Summer Wednesday evenings) • Time Trailing in DP Harry Must Series (summer only)
16	Youth A-Junior	<ul style="list-style-type: none"> • Road Saturday rides with the intermediate/fast paced groups, • Youth Chain Gangs, aiming to regular Wednesday evening Chain Gang, • Adult winter roller sessions. • Olympic Talent Team Exceptional riders will be asked to join BC's Olympic Talent Team • Track (summer only) Introductory sessions on Friday evenings, training Monday eves • Sportives Riders may consider joining longer more organised rides for example the DP Ride of the Falling Leaves 	as above
17	Junior	<ul style="list-style-type: none"> • Road Saturday rides with fast paced groups, Strong riders should be beginning to join the DP racing Sunday Rides, and be considering riding the Tuesday/Thursday Chain Gangs • Adult winter roller sessions. • Olympic Talent Team Exceptional riders will be asked to join BC's Olympic Talent Team • Track (summer only) Introductory sessions on Friday evenings, training Monday eves • Sportives Riders may consider joining longer more organised rides for example the DP Ride of the Falling Leaves 	<p>Road Saturdays Hog Hill, Hillingdon, Tues even (summer) Crystal Palace Some SERRL and Surrey league events (Track, Cross MTB as before)</p>
18		You are no longer a Youth.....	All Racing except LVRC!

BC Categories are based on actual birthday refer to British Cycling for full details

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Rides and Sessions

Saturday Rides

The Saturday rides offer the most fantastic introduction to road riding for youngsters. The DP Saturday rides follow a set route (*see web site Club Rides>Saturday rides*) and are split into groups of differing levels of fitness and speed, which enable you to migrate to faster groups as your fitness and experience grows. (Start at 8.45am Herne Hill Velodrome)

Youth riders are welcome to join any of the Saturday rides, however new riders must first complete one of the twice monthly **induction** rides. These induction rides are lead by either BC coaches, ride leaders or experienced riders from various local clubs and allow us to appraise and advise the new rider.

What bring with you:

- Reasonable road bike in working order, please check brakes and gears
- Spare inner tube that fits and has no holes in it
- Water bottle with some drink in it
- Snack/energy bar
- Suitable clothing for the weather and at least wear cycle shorts (far more comfortable)
- Name and telephone number of the responsible adult who can rescue if necessary
- If not a member, Signed Parents Consent form
- Cycle Helmet
- Enthusiasm

Meet at the Velodrome, Burbage Rd, at 8.45 am. Ride ends at Crystal Palace Parade, opposite the Bus Station.

(There is no charge to join a Saturday Ride)

Midweek Training Sessions

These are run in conjunction with Herne Hill Youth CC lead by experienced BC coaches. Sessions aim to improve rider's endurance, riding technique and overall physical fitness. Strong cyclists from many local clubs attend these.

Summer Sessions are on Thursday evenings at the Velodrome, Burbage Rd and start at 7pm

What bring with you:

- Reasonable mountain/cross bike in working order, please check brakes and gears
- Water bottle with some drink in it
- Suitable clothing for the weather and at least wear cycle shorts (far more comfortable)
- If not a member, Signed Parents Consent form

There is a £2 levy for Summer endurance training

Winter Roller Sessions

Held indoors at Unit 25 Mahatma Ghandi Est, Milkwood Rd, SE24 OJF, and are a structured series of endurance and technique exercises.

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What bring with you:

- Reasonable road/cross or track bike
- Water bottle with some drink in it
- If not a member, Signed Parents Consent form

Womens/Youth/Intermediate/Chain Gang

Chain Gangs are hard no nonsense hard training rides open to serious racers from all clubs in the area. The three current rides are unsuitable for novice youth riders, please seek advice before considering joining one of these rides.

However we will be setting up a new intermediate paced chain gang in the Autumn aimed at competent cyclists who want to up their game. Most likely to be held on Thursday evenings, starting at Elmers End at 7.15 pm, finishing at the top of College Hill at about 9 pm. Youth participation by invitation only. There is no charge to join a chain gang

Road Racing

Youth racing is generally limited to closed (not public roads) circuits. There are year round youth races at the Hog Hill (Redbridge NE London/Essex) and Hillingdon (West London) circuits . (Entry fees normally between £4 -10 per race)

Crystal Palace Summer Series

This is good local series to cut your teeth on.

Racing in Crystal Palace Park in the NE corner of the park. Races start at 6 pm but aim to be there by 5.30 to sign. (There are numerous rules and regulations regarding youth bikes and gearing, please ask me for clarification before going)

What bring with you:

- Road/cross bike in working order, please check brakes and gears
- Water bottle with some drink in it
- Your BC race licence
- Club Kit
- Entry fee (£5-12 dependant on category)

Useful links:

http://www.londoncyclesport.com/index.php?option=com_content&view=article&id=3735:crystal-palace-circuits-2011-start-april-26&catid=48:event-news&Itemid=100

Track

This is the stuff of Chris Hoy et al, riding on an oval circuit on fixed wheel bikes. We are very lucky to have the Herne Hill Velodrome on the doorstep. Open from March to September on dry days only. Sessions include Monday evening training, Wednesday evening Track league races, Friday afternoon Youth sessions, and Saturday morning training. Track bikes can be hired, and

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the club has 4 bikes to loan to members. For full details see www.hernehillvelodrome.com.

NB Novices must complete an induction course before attempting to ride any other session. Induction courses are held on Saturday afternoons at 1pm.

Track fees applicable for every session

Cyclo-Cross

Best described as a half way house between road and mountain bike racing. A winter sport, members compete at National Level and in the London League. All London League races have a full range of youth races.

Mountain Biking

Some of best youth racing is on mountain biking circuits. Autumn and Winter racing is held one Sunday every month in the woods around Camberley and Woking. There are numerous categories for youth, novice adult and veteran. Races start from 9 am www.gorrick.co.uk for details. Beastway series is run on Wednesday evenings during June and July, Races start from 7 pm www.beastway.com

Herne Hill Youth run several mountain biking trips during the school holidays.

Regional Schools of Racing

These are British Cycling coached sessions aimed at giving extra specialist coaching to strong talented riders. They are highly recommended and come several flavours, road, track and MTB. Candidates need to be racing at National level in at least one discipline; suitable contenders will be nominated by DP coaches. Places are limited and highly sought after.