



## Welcome to Herne Hill Youth Cycling Club.

We are here to provide opportunities for you and other young people to cycle as a sport. You get to do lots of cycling with others of a similar age sharing similar interests!

Sessions are organised by ability and you don't need to own a bike to take part. We are accredited by British Cycling to run the highly rated and recognised "Go-Ride" schemes. We are also CTC affiliated and a Club mark club. Saturday sessions run all year at Herne Hill Stadium, Burbage Road SE24

## Saturday Session and times

Gear 1 Improvers and beyond	Saturdays 10.00–11.00
Gear 2 Intermediate/Advanced	Saturdays 11.00–1pm

*Parents of children under 8 must stay during the session.*

## Session content

There is a good mixture of fun and games in all sessions. We aim to develop the rider's ability and confidence and reinforce safety awareness.

All sessions include bike handling and technical skills –with competitive elements. Coaches decide when you are ready to move into the different sessions - based on ability not age. *However you must be aged 8 to do the Intermediate/Advanced session.*

## Remember please

- the sessions are pretty energetic so don't skip breakfast
- be in time for registration helmet and bike checks - 10 minutes before the session. Late arrival may mean you are not allowed in the session
- there is always a warm up before the session – you are not allowed to skip this
- adults may join in other sessions as helpers with coach consent
- we need volunteers to help the sessions run smoothly. Parents and carers please feel free to join in as marshals, putting out cones, doing registration, bike maintenance and of course cheering and generally encouraging all members
- to bring a drink and dress suitably including gloves
- to make sure your bike is in safe working order and wear a helmet that fits.

## Costs

Annual membership costs £8

Saturday Session costs members £1 (Gear 1) or £2 (Gear 2+).

Non-members pay an extra £1 per session.

Bike hire only £1- helmet hire is free. Note all areas of the stadium are a skidlid zone.

Please bring a drink and dress suitably. Ensure your bike is in safe working order and wear a helmet that fits.

## Membership benefits

- Discount at Brixton Cycles 10% on accessories and some bikes
- Newsletter and information cycling sheets – clothing, calendar of events, bike sizing etc
- Monthly Sunday rides out to country and purpose built mtb circuits
- Sports coaching in mtb, cyclo cross, road and track
- Special training sessions and events including lifts to races
- Access to bikes and equipment for racing

## Coaches and helpers

Coaches are Bill Wright, Judith Bonner, Charlie Codrington and Geoff Nutter - all British Cycling coaches with full first aid certificates and lots of time to answer any questions.

Look out for our Welfare Officer for some additional human resources, and for club kit Polly Twisk. There are lots of helpful parents like Martin, Will and Jon working on bikes, Andrea, Will and Keri doing the register. Just approach us any time - except coaches when they are leading a session - unless it's an emergency. Please feel free to help out. We encourage all helpers to do first aid and abide by our code of conduct.



### Café

The café is over at car park as are toilets washing and changing rooms. Jan and George Slater run the café and sell cakes rolls snacks and drinks. Jan also does First Aid.

### Other activities

We have a full calendar of events for riders including:

#### Sunday rides out –

We try and run family rides once a month: Bedgebury Forest, Penshurst, Swinley Forest, together with non MTB rides such as the Crab and Winkle way. These involve car or train journeys so a small charge is made to cover travel costs etc. We are very keen to involve parents and carers of members in these trips and to help at sessions.

#### Cyclo cross track and racing

We also help you to take part in cyclo-cross road and track events including racing. We can help out with bikes and pedals. And we have cross bikes, which are available to hire for members who are racing both road and cyclo cross. These cost £50 per year subject to availability. We will help you set up and you can take it home.

#### Track

We take part in the regular Saturday morning and Friday evening sessions.

#### Other cycling events

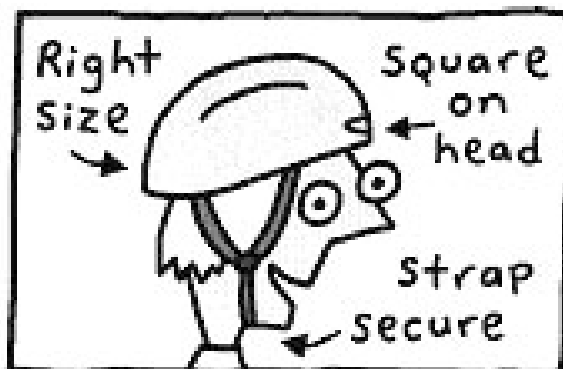
We do family rides to capital events like the Skyrids and Tour of Britain. We organise Bike week activities in June and a special Christmas party! A full calendar of events including racing is part of membership benefits

### Clothing

No special clothing is required for sessions except not really skirts or those 70's flares. However a correctly fitted helmet must be worn at all times – in or out of the sessions.

Cycle gear is really worth it if you are planning to do lots of sessions. We get hot and cold so layer. Wear gloves - in the winter a good thermal pair. Padded shorts are fab. Long sleeves and leggings and lots of layers are needed when it's colder. Tights or leggings under shorts work great and a gillet is for all weathers. And a waterproof - though the sun will always shine for us. \*

We have a good range of club tops and cycle gloves (track mitts) for sale.



\*Not guaranteed weather may vary. Ask any coach for advice on kit and cycle gear especially before you buy! See you Saturdays mud bunnies and mountain hoppers.

### Mentoring and Volunteering

Volunteers are encouraged to come forward – if you are shy don't worry we will ask you. We can provide a range of training and learning opportunities for young people and adults. If you wish to help us by training as a coach or cycle instructor please do get in touch.

We endeavour to provide a supportive and inclusive environment for all young people to flourish and participate in a range of cycling activities. And whilst we are here to promote cycling as a sport we love cycling for fun and leisure. We offer a range of activities to suit all ability. Talk to us if you require additional training or coaching.

We welcome any feedback and ideas on how we can improve.

**Our aim in Herne Hill Youth Cycling Club is to provide and promote opportunities for all young people to participate in cycling as a sport.**