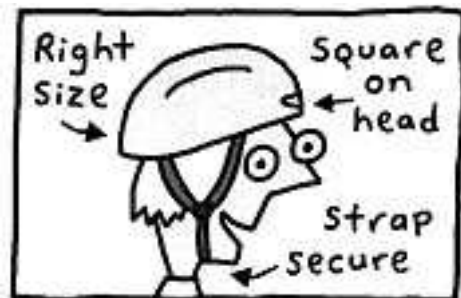




## Helpful Stuff!

Welcome to the session. Please if you have any questions talk to any of us listed below.



### Coaches and club personnel

Lead Coach for improvers is Stuart Jones.

And Bill Wright or Tim Phillips for intermediate and advanced and George Rogers helping out too.

Also on site: Welfare Officer Olivier Stockman, Club Kit Polly Twisk and lots of helpful parents like Will Mordaunt doing the register, Geoff Nutter and Nigel Franklin doing bikes. Just approach us any time. Except coaches when they are leading a session - unless it's an emergency.

And please volunteer to help!

We are all British Cycling coaches with full first aid certificates and lots of time to answer any questions. Look out for Olivier Stockman our Welfare Officer for some additional human resources.

### Café

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

### Sessions

Remember - 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!

Coaches decide which session is suitable for you. Please do not swap around. There is an improvers plus slot at 10.30 for those wishing to graduate to the 11 am session.

Adults may join in sessions as helpers with coaches consent.

We really rely on volunteers to help the sessions run smoothly. So 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. There is a good mixture of fun and games in all sessions and every session will include developing bike handling and technical skills, races and competitive elements.

Note during winter it gets very cold standing around so dress up very warmly.

### 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.

Cycle gear is really worth it if you are planning to do lots of sessions. We get hot and cold so layer. Gloves especially cycle gloves and 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 are my favourite and a gillet is an all weather item. 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.

See you Saturdays mud bunnies and mountain hoppers...

\*Not guaranteed weather may vary...further advice on all issues of kit and cycle gear from any coach. Ask us before you buy!