

Newsletter for riders, parents and supporters.

1. **Punctuality:** Please arrive at the club for 9.50 so we complete the register by 10 and start the club off. At the moment we often can't start activities till 10.15 or later due to late arrivals or having to deal with bikes that need attention. Our new coaching plan –as you will see from **item 4** - is ambitious and will require riders to appear by 9.50 and with bikes ready to go. So lets get in the habit now. Make sure that bike is safe, tyres properly inflated and breaks working properly etc. Quarterly checks at the shop!!
2. **Parent contact details:**
 - Parents, It is important to let us have a mobile number just in case there is an emergency and you are not at home.
 - It is also use full to have your email number and then we can email you newsletters etc rather than post. If you don't wish your email to be known by others in the club please tell us in writing.
 - We believe it prudent that only parent email addresses be provided.
3. **Club kit:** The winning design/colour by at least two bike lengths was the Japanese stripes in blue- looks like the rays of the sun. To keep costs to a minimum the club name will be all in red rather than a mix of colours. The club name will also appear on the white sleeve.

To order kit please complete the attached form and return as requested. Please pay the deposit by cheque, as it is easier for the club to administer.

We have a separate order form for adults. Ask Eddie to email if you want it.

4. **Coaching Plan:**
 - Your coaches are completing a yearly plan for implementation in September.
 - This plan will be based on the skills from the four British Cycling go-ride 'gear' skills and spread over 3 ten week syllabus's.
 - The year will be divided into three ten week terms (based on the school) and during these terms there will be formal coaching each week at Danson, Footscray etc.
 - The three syllabus's are; 'Beginners', Developers 'and 'Racers'. All three syllabuses will be run each term. Based on the recent skills test etc the coaches committee will place riders in one of these three groups.
 - On completion of a syllabus and achieving the standard required a rider will move onto the next syllabus the following term.
 - On completion of the 3rd syllabus the riders will be encouraged to race regularly, though this is not compulsory.
 - Holiday periods etc will be used for coaches to help those who are having trouble reaching the standard.
 - Awards will be given to riders reaching the set standards. Riders will be issued with the syllabus and the marking standard so they know what is expected of them.
 - Each rider will have a log sheet tracking their progress and riders will be kept up to date on how they are doing and where to improve
5. **Club Volunteers:**
 - To comply with 'club mark' registraion a volunteers job description is being issued to those who wish to regularly help at the club. The volunteers will undertake to abide by the job description and will also be required to be CRB checked through British Cycling.
6. **Club competition/s:**
 - Your coaches are developing a yearlong age related competition.
 - There will be prizes/trophies to be won

7. News from club members:

My thoughts on go ride Bexley by Kitty lane – I've been at go ride Bexley since it started over a year ago. I love everything about it (except getting up early on a Saturday morning).

I really enjoy it when we go to places like Five Arches and Joydens Wood to put new skills to the test, and just to have a change of scenery. I really loved our trip to Bedgebury, which really put the pressure on!

I also like racing every so often, (even if I can get a bit too competitive).

I'm also looking forward to getting our new team jerseys.

On the whole, I enjoy pretty much everything about Go Ride.

Training for the London Youth Games by Greenwich Team rider Liam Mc Laughlin- Every Monday myself and a few other kids, 4 juveniles and four juniors, go to Glesesk Park in Eltham to train for the Time Trial.

We first have a warm up by cycling down the side path into Oxleas forest, where we ride round and come back to the clubhouse (near the tennis courts). Then we either do some slaloms, the limbo, sprints, on our own bikes, or get the road bikes out and learn to manoeuvre them and ride on them because we are all so used to riding a mountain bike.

Ray, our coach, is really good at getting things done. For example, if we were all having a break, he would give us a set amount of time and would then tell us what we are doing next. He doesn't waste time.

On the day itself, we will be racing against about 20 other teams on the Crystal Palace circuit. Our team came 4th last year and we hope to get into the medal positions this year.

It's exciting to find out how to ride a road bike for they are very different from mountain bikes in that they are very much lighter and have very narrow tyres.

At Go- Ride on Saturdays and the trials on a Monday, I get about four hours of training a week on the bike which I enjoy very much!

Mountain Bike racing at 'Beastway' the mountain bikes name for Eastway by Alex Cozens – When we get to the mountain bike race track, at Lea Valley, the first thing to do is to get ready or if you have someone with you let them get your bike ready. Then it's signing on time, in the club house you fill in the form and pay your £5 entry fee (for Youth).

The course changes from week to week so it's essential to get there early and have a ride round to see what the course is like, the technical corners, where the descents and ascents are, knowing what gear to be in and the quickest route around. When you finish your sighting lap it's a little wait for the Youth race. The expert, novice, single speed, grand veterans, veterans, masters, sport and junior classes go off first before the youth and A & B classes.

When you are at the start line you cheer for the marshals, get told to ride safely and told how to overtake safely, e.g. when overtaking, it is the over takers responsibility to over take safely and sensibly. Then the marshal says go and it's a rush for the lead. Youths ride for about ½ an hour, completing 2 or 3 laps of racing (each lap is approximately 3 miles). When people overtake you they call out 'on your left' or 'on your right' depending on which side they wish to pass you on. At the end if you complete one of your laps before the race leader finishes completely then you do another lap. It is important when riding around the circuit that you drink enough and it's a good idea to have a banana at the end, (alternatively you could have a big slice of homemade cake from the clubhouse).

8. Dates for visits are:

Joydens Wood 22nd July. And Foots Cray on 9th September. Details of where to meet etc will be given nearer the day.

NOTE: The Danson Festival slot for the club is now 10 till 11.30

Founded and run as a development club by members of the Gemini BC and The Woolwich CC. 2

Born May 2005