

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 activities.
2. **When arriving at the club:** Please carry out the following in this order. A) Park your bike against the kerb and then report to the signing on desk (register) where Dave will be waiting for you. B) Go to the coach or coaches leading your syllabus group - See *accompanying information* – and have your bike safety checked whilst the volunteers are setting out courses as requested by the coaches. Having your bike safety checked by the coaches doesn't mean either you or your parents can leave it all to us - Your bike your life!
3. **Club Mark:** Your committee and coaches have been working very hard to get the club to a point where it can successfully apply for 'Club Mark' the Sport England standard for all sports clubs catering for young people. We will be making our submission towards the end of September to Roy Page the British Cycling Club Development Manager for the region we are in. Once he is happy with the paperwork he will send it to British Cycling Headquarters for final assessment and sign off. No doubt the club will organise a celebration of some sort in the new year- with your help. Watch this space.
4. **Coaching Plan:** This has been completed and will be implemented from the 16<sup>th</sup> September. The coaches have devised a course of three syllabi using the skill sets from the British Cycling 'go-ride' skills toolkit. See accompanying information for details and which syllabus you will be doing and the club members doing it with you. It is important that you attend regularly if you wish to pass the syllabus you are on. You may be able to catch up during the holidays when the coaches will be available for individual coaching to help you on any weak points. Your coaches will be keeping you up to date on your progress as you go through the syllabus.
5. **Future payment:** Please pay at or before the commencement of each school term. A term will be £20. School holidays will be free- no payment no syllabus. You will be asked once a year for your membership fee of £5, parents will receive a reminder from the club contact by email or text. Payment only by cheque please and send to the club contact Jeff Lynch, 10, Station Road, Bexleyheath DA17 4AR.
6. **Web Site:** Mick McLaughlin – Liam's dad – has volunteered to set up a web site for the club. We await Mick's design with eager anticipation. The aim is for the site to be the main way you will receive club news unless it's urgent or you haven't got access to the web.
7. **Club competition/s:** An intra club (club members only) year-long competition has been devised. It will be run in age groups spanning two age years at a time e.g. under 10's under 12's etc. The competition will be run at the end of each term and there will be prizes awarded at the end of the summer term 2007. More info later this year.
8. **Club kit:** Sorry for the delay. This has been partly due to technical problems with the design and partly to a summer holiday shut down at the factory. Manufacturing will start shortly. If you want any winter gear then please speak to Dave our Welfare Officer.
9. **Club Volunteers:** If you are willing to help at the club more often than not then please speak to Dave who will explain the 'volunteer role to you and supply you with a job description.
7. **News from club members:** Alex Cozens came 7<sup>th</sup> overall in his age group for the mountain bike series at Eastway Cycle Circuit (Beastway)
8. **Rider Feedback:** If you have any ideas we can provide a suggestions box.
9. **Rider worries:** If have any things you are worried about please tell Dave or write him a note. The ladies might want to speak to Sophie as their first point of contact and she will liaise with Dave as necessary.
10. **Racing:**  
**Cyclo-cross** -Please view attachment's.  
**The British Schools Cycling Association National Hill Climb Championships** are on Saturday 7<sup>th</sup> October in Darenth Country Park in the borough of Dartford. For entry details go to [teamdarenthuk.homestead.com](http://teamdarenthuk.homestead.com). You will ride in your school name.

If this interferes with your syllabus work speak to the coaches who will do their best to help you catch up.

11. **Kevin:** You may have been wondering where he has been lately. Kevin is soon to be a dad and has been very involved with pre-natal classes on a Saturday with his wife. The baby is due in September and we wish them both well. Kevin also wished us well and said he would be back after Christmas full of enthusiasm.
12. **The Tour of Britain:** The club was invited to take riders to the Canterbury finish of the Tour of Britain – unfortunately we couldn't contact many of you as you were on holiday. In the end we took twelve riders; Alex Cozens, Lewis and Danielle Finch, Kitty Lane, Stephanie Golding, Liam and Kieran McLaughlin, Declan O'Brien, Ben Fosdyke, Grant Cann and William Ashwood.

Our riders were divided into 3 teams and they competed against two teams of streetwise local lads and lassies. After several practice sessions all the riders were taken out onto the finishing straight (a closed off section of a dual carriageway) to strut their stuff. After some six rounds a team from Bexley was ranged against one of the local teams in the final-our finalists were: Liam, Ben, Danielle and Lewis who went on to take 1<sup>st</sup> place on time as there was a tie on penalty points. Well done to all our riders and many thanks to the parents for getting them there, lending their support both to the riders, club and the organisers.

This all happened within 100 metres of the Race finish line and one of the race commentators came down and interviewed Dave our Welfare Officer. The commentator expressed surprise that we had travelled 50 miles to be there.

We believe that pictures of the riders will appear on the British Cycling web site soon.

Bye for now.

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