

**Coaching Session Times For Winter Cyclo-Cross Season
(as from Jan 9th 2012 - 27th Feb 2012)**

Group Name	Coach	Session Timing	Essential Kit	Desirable Kit
Pooley	Carolyn Evans	18.00 - 19.00	Correctly fitted helmet gloves warm clothing your bike!	waterproof jacket drink/snax cycling glasses <i>Bike lights are advisable but not essential</i>
Romero	Richard Milward	18.00 - 19.00		
Cooke	Pete Evans	18.45 - 20.00		
Pendleton	Anthony Lane	18.45 - 20.00		

Please aim to arrive 15 mins before your session starts - this will ensure all riders are ready to listen to the briefing and that the session starts promptly. Your coach may refuse entry to the session if you arrive late!

Coaching Skills Programme For Cyclo-Cross

W/C	Basic Skill	Secondary Skill	Race Details
09/01/12	Complex Corners		National Trophy Cyclo Cross Rd 6 - Shrewsbury
16/01/12	Pacing		22/1/ WMCCL Rd 12 - Wolverhampton
23/01/12	Go-Race Cyclo Cross		29/1 WMCCL Rd 13 - Baggeridge Country Park - Dudley
30/01/12	CLASSROOM SESSION	Wattbikes at HGC and racing presentation	
06/02/12	Big Courses	Last Cyclo-Cross Session	
13/02/12	Half Term	No Cycling	
20/02/12	CLASSROOM SESSION	Bike maintenance	6.30 at the Home Guards Club. Badge Introduction, chance to chat with the coaches. Parents most welcome to stay

Coaching Session Times For Spring/Summer Track Season (as from Feb 27th 2012 - July 2012)

Group Name	Coach	Session Timing	Essential Kit	Desirable Kit
Pooley	Carolyn Evans	18.00 - 18.50	Cycling gloves (track mitts) Correctly fitted helmet your bike!	waterproof jacket drink/snax cycling glasses
Romero	Richard Milward	18.00 - 18.50		
Cooke	Pete Evans	18.45 - 19.00		
Pendleton	Anthony Lane	19.45 - 21.00		

Coaching Skills Programme For Road Track

W/C	Basic Skill	Secondary Skill	Race Details
27/2/12	Road - Safety Briefing	Starting Stopping	
03/03/12	Closed Circuit Race	Solihull Youth Races	Organised by Solihull CC. Pre entry only please see BC website for details
05/03/12	Road - cornering	Organised groups	
12/03/12	Road- gear selection	Unorganised groups	
19/03/12	Road - speed changes	Race ending	
26/3/12	Go-Race	Road Bikes	
31/3/12	Closed Circuit Race	Stourport	Wolverhampton Wheelers Race 1 at the Stourport Circuit. See BC website for details

Club Kit

Once you are a member of Stratford Cycling Club - you are able to purchase any of the club kit listed below. If have any kit enquiries or wish to place an order, please contact caroline.young1@ntlworld.com for current stock availability.

Item	Sizes Available	Price
Long sleeve Summer weight jersey	XXS, XS	£32.00
Long sleeve Summer weight jersey	M	£37.50
Gilet (money to 'Velotech')	XXS, XS	£30.00
Short sleeve jersey 14cm zip	XXS, XS	£23.12
Short sleeve jersey 14cm zip	S, M	£28.90
Long sleeve top	S	£40.00
Shorts no bib	XXS, XS	£27.60
Shorts no bib	S	£34.50
Shorts (bib type)	S, M	£40.00

Coaching Fees

The cost is £3 per child per session payable either weekly or on a termly basis (in advance). There is a sibling discount of £5 if paying for two children, on a termly basis only. Cheques can be made payable to Stratford Cycling Club. Please speak to your session fee collector for further details.

Membership Benefits

Being a member of Stratford Cycling Club also gives you the following local discounts (just remember to present your membership card when making a purchase):

The Cycle Studio

Henley Street/Guild Street
Stratford Upon Avon
CV37 6QY
Tel: 01789 262910

Café Pasta

10-11 Sheep Street
Stratford-upon-Avon
CV37 6EF
Tel: 01789 205057

Box Brownie Coffee Shop

20 Henley Street
Stratford-Upon-Avon
CV37 6QW
Tel: 01789 204199