

28th January 2010

Youth Coaching Sessions at Manchester Velodrome

Following the success of sessions held in 2009, the British Cycling North West Region is once again holding a youth track coaching day, which takes place at Manchester Velodrome on 7th March 2010.

British Cycling North West Regional Board funding, secured by Coaching Coordinator Barry Warriner, has allowed the provision of subsidised track time at Manchester Velodrome, giving riders throughout the region the chance to develop their track skills at a considerably reduced rate.

The sessions that were held in 2009 were a big success, with 28 riders on session one and 48 riders on the second session! Riders from Go-Ride clubs in the North West included Red Rose Olympic, New Brighton CC, Bolton Hot Wheels and Blackpool Youth Cycling Association, and additionally riders from Manchester Triathlon Club who were working towards Go-Ride registration. Salt Ayre Cog Set arranged a mini bus from Lancaster, which meant they were able to bring 15 riders to the second session. The standard ranged from those who had never ridden on the Velodrome, to the more advanced track riders that were looking to progress their skills still further.

With the larger number of riders on the second session, the riders were split into 3 groups - red, yellow and green, with ages ranging from 9 to 16. Each group had a coach who briefed them before they went up on to the track - namely Barry, Peter Deary and Tom Hodgkinson (Manchester Go-Ride coach) with Tim Buckle being the lead coach it was a great session. Once each group had received their session on the track, they came off to receive a debriefing from their respective coach before preparing for their next turn on the boards.

For the novice group, many riders achieved getting on to the track for the first time, and also gaining enough confidence to ride above the blue line. The top group progressed to a level where Tim was taking them through Team Pursuit and Keirin activities, which included riding behind a motor bike, which was a first for some of the riders.

The next session is on Sunday 7th March 2010 from 1pm-5pm and is based on the same format.

Future plans include sessions at road circuits in the North West Region such as Preston Arena and Litherland, and more Velodrome sessions later in the year.

Barry Warriner