



MERSEYSIDE CYCLING DEVELOPMENT GROUP
SUPPORTED BY LITHERLAND SPORTS PARK
HAVE ARRANGED



WINTER TRAINING SESSIONS

The sessions are designed to attract younger riders aged between 11 and 16yrs to an initiative a little different and more involved in other activities than we have tried in the past.

The base will be Litherland Sports Park, with the primary activity taking place in the 'Activity Suite' and will figure a keep-fit exercise session that will include floor games, circuit training and turbo coaching sessions, (Turbo's are supplied).

The secondary activity will be a road ride accompanied by qualified British Cycling coaches for those riders experienced to do so, or, the use of the running track for safe 'on the bike' coaching for the lesser experience rider. Refreshments will be provided, but riders should supply their own packed lunch and energy drinks if required. There is changing room and shower facilities, both male and female, with lockers and full bike security also, if required.

The number of spaces is restricted and is on a first come first served basis, and I would hope that the same riders would continue through all 5 sessions so their progress could be monitored and assessed.

There will be informal coaching talk time for anything bike. (in the event of poor riding weather, the coaching talks would be more specific).

The plan is to hold 5 sessions from October 08 through to February 09. Arrival time at Litherland Sports Park will be 9am for registration, and 9.30am for a prompt start to the activities.

All riders will need a completed parental consent form to take part (I will supply a blank if you required one). I would like you to book a place through me by email or phone barrywarriner@blueyonder.co.uk 0151 428 6455.

Please contact me if you have a question on any of the above, all in the age range that can ride a bike can apply.

Session dates are:

Sunday 26/10/08

Sunday 07/12/08

Sunday 21/12/08

Sunday 18/01/09

Sunday 15/02/09

Barry Warriner

MCDGroup

NWRegion Coach Coordinator