



## Junior Track Cycling Development Programme 2015

***Try the fast and furious sport of track cycling at Seddon Park Velodrome, Mosgiel.***

**Have fun, make friends, learn new skills!**

### **Come to a Junior 'Taster' session:**

Sunday 13th Sept, 12.45-1.45pm

Sunday 20<sup>th</sup> September, 11.30 – 12.00pm and 1.00-1.30pm, & 2.30pm (Velodrome Open Day – 11.00-4.00pm)

Sunday 27<sup>th</sup> September, 12.45-1.45pm

**All junior tasters are free of charge** and coached by our qualified coaches. We will provide you with a track bike. You need to bring helmet, gloves and appropriate riding clothes. Minimum age 8. Arrive at least 20 mins in advance for bike fitting.

### **If you like it?**

**If you want to sign up for the track development programme: Cycling NZ membership is \$15, Bike hire and development coaching for the season is \$75 (\$25 if you have your own track bike).**

Development coaching runs on Sunday afternoons from Oct 4<sup>th</sup> until mid-December. Club racing runs on Tuesday evenings from October to March

See: [www.cyclingotago.co.nz](http://www.cyclingotago.co.nz) for more information

e-mail enquiries: [track@cyclingotago.org.nz](mailto:track@cyclingotago.org.nz)



Photo credits: Mama Lazarou Photography Inc.