



## Track Cycling Development Programme 2015

### ***The Track is back!***

#### **Pre-season Track development Roller sessions:**

Thursdays, August 20<sup>st</sup>, 27<sup>th</sup>, Sept 3rd: 6-7pm juniors; 7-8pm seniors. Riders need to bring club licence, helmet and gloves and a large towel to put under rollers.

#### **Junior track refresher sessions (for existing juniors with track experience):**

Sunday 13th Sept	Sunday 20th September (Velodrome Open Day – 11.00-4.00),	Sunday 27th September
12.00-1.00 Roadster refresher 1.30-2.30 Junior B refresher 2.30-3.00 <i>velodrome working Bee</i> 3.00-3.30 <i>meeting for all junior track riders/parents &amp; sign up</i> 3.30-4.30 Junior A refresher	1.30-2.30 -Junior B refresher (with 15mins roller w/up) 3.00-4.00 Junior A refresher (with 15mins roller w/up)	12.45-1.45 Roadster refresher 1.30-1.2.30 Junior B refresher 2.15-3.15 Junior A refresher

#### **Senior track tasters (for new riders) and refresher sessions (for those with track experience):**

Tuesday 15th September	Tuesday 22nd September	Tuesday 29th September
6.00-7.00 – Senior taster A 7.00-8.00 – Senior taster B 8.00-9.00 – Senior refresher	6.00-7.00 – Senior taster A 7.00-8.00 – Senior taster B 8.00-9.00 – Senior refresher	6.00-7.00 – Senior taster A 7.00-8.00 – Senior taster B 8.00-9.00 – Senior refresher

Also taster sessions on Sunday Sept 20<sup>th</sup> at the Club/velodrome open day at: 11.30am, 1.00pm, 2.30pm

Cost: Junior refresher: free; senior tasters/refresher: \$2.

If the track is unrideable due to weather, there will be a substitute roller session in the club room run by your coach. **Sessions are never cancelled.** Please ensure you sign-on for all sessions.

#### **Key season dates:**

Junior sign-up: Sunday 13<sup>th</sup> Sept 3.00pm & Sunday 20<sup>th</sup> September (club/velodrome open day)

Velodrome open day: Sunday 20<sup>th</sup> September

Bike Allocation Day & junior development coaching starts: Sunday 4th October

Club racing starts: Tuesday 6<sup>th</sup> October

**Bike hire for the season:** Seniors - \$100, juniors \$75 (includes junior development coaching). If you already own a bike, junior development coaching is \$25 for the season.