

North West Cycle Coaching

2017 COACHING SESSIONS

Tuesday evenings from 6pm, 28th March to 29th August 2017

Dear Parent/Guardian,

Welcome to the North West Cycle Coaching sessions for 2017!

In order to make the sessions run smoothly and so that your child can get as much enjoyment from the sessions as possible it is important that your child has the correct equipment. The following list contains items of clothing that your child should have available to them at every single session. Some of the clothing may only be needed on one or two occasions throughout the year, but our great British weather can be unpredictable and we would like your child to be safe all year round.

Kit List

- Suitable footwear
- Shorts
- Long leg coverings (either leg warmers or long pants)
- A short sleeved T-shirt or cycling jersey
- Long arm coverings (arm warmers or a long sleeved T-shirt/jersey)
- Gloves (fingerless gloves will be allowed for warm weather but full finger gloves should always be available)
- A warm jacket
- A waterproof layer
- Helmet

NOTE: All clothing which will come into contact with chainring area of the bike should either be tight fitting or tucked in/ clipped in place

All bikes should be in good working order and if you have any questions about bike maintenance ask one of the coaches and we will endeavour to help.

If you have any questions regarding kit or bikes please ask one of the coaches for assistance.

Riding Home

We are aware that in previous years some children have been allowed to ride home from the sessions once they have finished. This year we are asking that if you are happy for your child to ride home, they should be sent to the sessions with lights and we will require a signed note stating that you are happy for your child to cycle home.

Thank you for your continued support,

The North West Cycle Coaching Team