



THE
CYCLE
COACH



The Cycle Coach Awards

EXTRA CURRICULAR CYCLING

THE CYCLE COACH AWARDS CONSIST OF THREE PROGRESSIVE PROGRAMMES WHICH ARE DELIVERED OVER A 6-WEEK TERM AS AN EXTRA CURRICULAR ACTIVITY.

PUPILS CAN PROGRESS THROUGH THE WHITE, GREEN AND YELLOW JERSEY AWARDS LEARNING THE FUNDAMENTALS OF GRASSROOTS CYCLING IN A SAFE AND TRAFFIC FREE ENVIRONMENT.

- » Exploring the six cycling disciplines of British Cycling including BMX, Road Cycling, Mountain Biking, Track, Cyclo-cross and Cycle-Speedway.
- » Helping riders to achieve their goals and reach their potential.
- » Teaching riders new techniques to improve their bike handling skills.
- » Using games and races to improve overall confidence.
- » Sessions delivered by a qualified British Cycling Coach.
- » Available to Primary and Secondary Schools.

The Cycle Coach Awards have something for every pupil whether they are absolute beginners or already confident on a bike.

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