

# Go-Ride Clusters Track Information for Riders & Parents



# Go-Ride Velodrome Coaching Clusters

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## Go-Ride Track Clusters

British Cycling has club clusters in each region with the purpose being to provide an opportunity for clubs to pool coaches and share expertise, which in turn will give young riders a better cycling experience and should contribute towards greater development. Go-Ride and Performance Pathway support may be available at some sessions but the majority should be club led.

The track clusters are designed to give young riders their first taste of track riding by offering exclusive opportunities to ride at some of the best facilities across the country, including the track at the National Cycling Centre, Manchester and Lee Valley, London.

The aim of the Track Cluster sessions is to give riders the competencies they need to be able to take part in Structured Quality Training (SQT) sessions at these venues and to compete in regional races. Therefore, riders who progress to this stage or beyond it will no longer be able to take part in Track Clusters. This ensures space is freed up for newer riders to join the Novice group and for Intermediates to progress to the Advanced, offering opportunities for every rider at the relevant cluster clubs.

It is important to differentiate Track Clusters from Club Clusters of Training (CCT), which is the first stage of the Great Britain Cycling Team Performance Pathway. Whilst similar, in that they are a collection of Go-Ride clubs that train together, CCT is much more performance orientated and tailored to the strongest young riders at each club. Starting at Track Clusters will develop the necessary skills that are required to take part in CCT.



## Go-Ride Track Clusters

### Overview: Manchester

- The Sunday 12-3pm time slot at the National Cycling Centre velodrome has been reserved for the use of Go-Ride clubs in the North-West, North-East and Yorkshire, as well as the East Midlands up until 2015, subject to availability.

#### Manchester Clusters

Cluster	North West	Yorkshire 1	Yorkshire 2	Lancashire	Merseyside	North East
Go-Ride Support	Joe Malik	Kim Meadows	Kim Meadows	Tom Leivers	Tim Matthews	Lorna Bennett
Clubs	Mossley CRT Manchester Triathlon North Cheshire Clarion Beacon Wheelers Glossop KinderVelo Cyclewise Academy	Clifton CC Holmfirth CC NMYS East Bradford KCA Pedalsport Wakefield junior tri	Ilkley CC Richardsons Otley Holme valley whlrs Huddersfield star whlrs Sheffield stars	Red Rose Olympic Ribble Valley Juniors Bolton Hot Wheels Cycle Sport Pendle BYCA Salt Ayre Cogset Furness Future Flyers	Liverpool Mercury Chester Go-Ride New Brighton Southport Birkenhead North End Border City Wheelers	Hetton Hawks Newcastle Phoenix One Life Triathlon Stockton Wheelers Cleveland Wheelers Ferryhill Wheelers Derwentside CC North East BMX

### Overview: Newport

- Regular sessions take place at the Newport Velodrome for any members of Go-Ride Clubs in the South-West region. Additionally, Welsh Cycling run introductory track sessions for cyclists aged 8-16.



## Go-Ride Velodrome Coaching Clusters

### Allocation per Region

The amount of sessions assigned to regions per year is dependent on the availability, which is decided by the National Cycling Centre. The process for the procurement of track sessions is:

1. Slots offered by the National Cycling Centre
2. Forms submitted to National Cycling Centre
3. Bookings confirmed

Clusters will be assigned a minimum of 5 sessions per year (subject to availability).

However, the NCC still reserves the right to cancel any slot should a major event be arranged following our booking. In the year 2014, 14 Sundays were used for other local and national events such as the National Track Cycling Championships and School Games. However, in the event of a cancellation, sessions will always be reallocated ensuring a consistent and equitable allocation of track time to the clusters.

### Accreditation Sessions

At least two slots per year will be reserved for Go-Ride exclusive accreditation sessions. These will be for riders who have progressed through the track cluster groups into the advanced group and are looking to ride in SQT's and regional leagues.

Accreditation sessions are Go-Ride supported but accreditation is at the discretion of a National Cycling Centre approved Accreditor in accordance with the National Cycling Centre accreditation criteria (page 8).

Upon accreditation, riders over 15 years-of-age will no longer be able to take part in the Go-Ride Track Clusters; this creates room in the groups, allowing for new riders to come through the cluster process.



### Summer Sessions

There will be a period of consultation with each cluster in 2015 regarding how to make best use of cluster sessions in the summer to ensure they are at maximum occupancy. We hope to offer a range of sessions catering for all abilities

# Go-Ride Velodrome Coaching Clusters

## Pre-Requisites & Cost

Application will only be accepted from candidates who are 9-16 years of age (this is National Cycling Centre criteria) who are first-claim members of qualifying clubs (listed on page 4). Additionally, all entrants must be members of British Cycling. For more information on membership visit [britishcycling.org.uk/membership](http://britishcycling.org.uk/membership). Riders will not be accepted on Track Clusters if they are not a member.

All sessions must be booked online at [britishcycling.org.uk/events](http://britishcycling.org.uk/events) and cost £15 + £1 administration fee. Payment will not be taken on the day and cheques are not accepted.

## Equipment

- It is each individual club or rider's responsibility to book their bikes. Riders needing a bike must email [robertgeorge@britishcycling.org.uk](mailto:robertgeorge@britishcycling.org.uk) no later than 3.p.m on the Friday before their cluster.
- Helmets and shoes are arranged with National Cycling Centre at a cost of £5
- No alterations are to be made to National Cycling Centre bikes other than adjustment of saddle height. Failure to comply may result in the National Cycling Centre restricting access of your cluster to the Go-Ride Cluster time slot.

## What to bring

Riders are welcome to bring their own bikes but must make sure they are fully maintained and safe to use. Additionally, riders should/could bring:

- Helmet (or can be rented through the National Cycling Centre)
- Cycling appropriate clothing
- Cycling Mitts
- Eye protection
- Water/ hydration
- Snacks
- Warm clothing for after session

## On Day Procedure

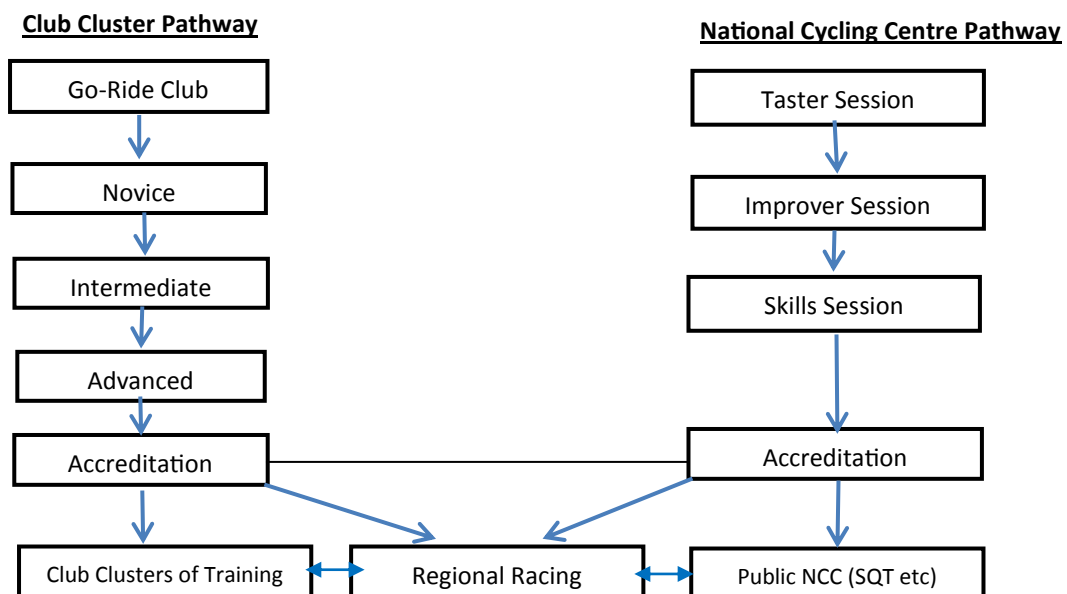
- Riders should arrive at least 30 minutes, 35-40 minutes if requiring equipment, before the session is due to start to attend the rider briefing, usually held at 11.45.
- Equipment should be collected from the National Cycling Centre reception whilst bike will be immediately on your right as you enter track centre. Bikes will be labelled with your name on them so please check this to make sure you get the appropriately sized bike.
- Riders, or their parents, must first sign on to confirm their place in the session.
- Once signed on and all equipment arranged in an area of the riders choosing, parents should leave the Riders D and take a place in the stand or concourse
- Parents should not be offering coaching points on the day but we welcome friendly encouragement for all riders
- Session begins—see page 7 for a breakdown of session structure

# Go-Ride Velodrome Coaching Clusters

## Session Structure

- Riders will join one of the groups in the track sessions: Novice, Intermediate or Advanced.
- Each group will take turns on the track.
- While one group is being coached on the track other groups are being briefed / debriefed by supporting coaches in the track centre.
- Riders should be encouraged to work towards National Cycling Centre Track Accreditation.
- Accredited riders aged 15 or older are able to take part in the NCC SQT sessions.
- Prices and times of the SQT's vary, please see [www.nationalcyclingcentre.com/](http://www.nationalcyclingcentre.com/) for up to date information.

## Progressions & Accreditation



# Go-Ride Velodrome Coaching Clusters

## Skills & Competencies

### Novice Group

To be able to progress out of this group riders should be able to:

- Start and stop safely around the run off area of the Track
- Must look before moving around the track
- Do a standing start
- Be able to do changes anywhere on the track
- Ride a full lap around the top of the track.

### Intermediate Group

To be able to progress out of this group riders should be able to perform:

- Change in pairs on and above the datum and stayers lines
- Stacking exercise in groups of 4 or more
- Through and Off on the stayers line
- Controlled 12 Lap mock scratch race.

### Advanced Group

Riders participating in the Advanced group should be:

- Physically and technically able to participate in and learn advanced techniques.

## National Cycling Centre Accreditation Criteria

Twice a year the cluster rotations shall include a National Cycling Centre (NCC) Accreditation session. The criteria listed below describes the assessment criteria that young people need to demonstrate in order to gain accreditation and access to open NCC training sessions and open regional racing at the NCC.

- Start and stop safely around the runoff area of the track.
- Entering and leaving the track safely.
- Riding in a line on the Datum line, changing every half lap.
- Riding in a line on the stayers line, changing every half lap.
- Changing in pairs every lap then every half lap on the stayers line.
- Perform *through and off* on the stayers line.
- Perform *lumps and bumps* activity to a defined pattern.
- Perform *stacking exercise* in a group of 4 or more.
- Taking half laps, from a steady paced line on the stayers line.
- Perform a controlled 12 lap mock scratch race with steadily increasing pace line until 4 laps to go when group is free to race.

Riders will also be assessed on the following and demonstrate an ability to:

- look before moving and demonstrate awareness of others
- ride in a relaxed and comfortable manner
- follow closely the wheel in front with no under lapping
- confidently use the whole track
- listen and respond to coaches instructions
- safely maintain speed appropriate to their age category.





## Go-Ride Velodrome Coaching Clusters

### Regional Racing and Open SQT

Open SQT sessions on Tuesdays, Wednesdays, Thursdays and Saturdays at the National Cycling Centre are open to everyone who is accredited and aged 15 and above. Visit [nationalcyclingcentre.com/](http://nationalcyclingcentre.com/) for more information about pricing and timings. Open training sessions are also delivered at other regional outdoor velodromes during the summer.

Regional Racing events at the NCC are promoted on Mondays and Fridays during the winter and other regional racing opportunities are promoted at outdoor velodromes during the summer.

The net result is that riders who are looking to specialise in track racing (riders aged 15+), opportunities are available to race and train on the velodrome six times a week through open SQT's and Regional Races .

