

SO!!!! You Want to Cycle Well.

As a British Cycling Go-Ride Club we are coaching led.

The Coaches Promise to the Riders.

- To introduce you to as many types of cycling as possible.
- To ensure your activities are interesting, informative, fun and as safe as possible.
- To take you through progressive levels of competence in each discipline.

The Rider's Promise to the Coaches.

- To pay close attention and do as directed by your coach to the best of your ability.
- To act with consideration and care towards all others in the session.

Your Coaches :

Depending on your level of capability or newness to the club you will be assigned initially with the Basic, Intermediate or Advanced Coaches group. This will alter as you progress through the levels and your needs change.

Geoff. Godschalk	Level 2	Head coach (track pending)	07985 096231
Phil Adams	Level 2	Basic and Induction	07756 921199
Mark Read	Level 2 & 3	Intermediate, road specific	07970 287971
Mark Wyer	Level 2-(3 pending)	Advanced multi-discipline	07736 066531
Tim Duckett	Level 2	trainee. Basic	01763 852053
Andrew Skeen	Level 2	trainee. Track assist. advanced	07816 617786
Max Pendleton	Coach Assistant, track and race discipline.		

Welfare Officers:

In the event of anyone's behaviour or actions towards you causing you distress please contact either of these people if you cannot discuss this first with your coach.

Richard Maynard	07921 111550
Camilla Page	07725 477530

Principal First Aid:

ALL coaches have first aid training and can help as required. For clarity in first instance of need please go to:-

Geoff. Godschalk	01462 742837 mob. 07985 096231
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