

# 2011 Go Ride Coaching Guide and Contact Details

**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	Induction & Intermediate	07756 921199
Mark Read	Level 2&3	Intermediate, road specific	07970 287971
Mark Wyer	Level 2&3	Advanced multi-discipline	07736 066531
Tim Duckett	Level 2	Induction & Intermediate	01763 852053
Andrew Skeen	Level 2	Advanced Track Sprint	07816
617786 David Carter	Level 2	Intermediate, road specific	
Max Pendleton		Advanced Coach Assistant, track and race discipline.	
Jeremy Wallis		Induction Coach Assistant, basic cycling skills	
Duncan Wardrop		Trail ride leader. Coach assistant	

## **Welfare Officers:**

If you cannot discuss this first with your coach please contact either of these people in the event of anyone's (adult or youth) behaviour or actions towards you causing you distress

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 tel.01462 742837 or  
mob. 07985 096231      email      geoff@ccashwell.com