

Parents of Children Attending Go-Ride Sessions on the Rec. on 5/5/11 onwards.

We are expecting a large number of children of all abilities this year. Last years successful sessions have fostered a growing interest in our Go-Ride activities and we are all excited at the prospect.

All participants will need to become a member of CCashwell youth section and **ALL** parents and children will need to have signed parental consent forms. Please visit <http://www.ccashwell.com/> and click **membership** for the form then click **youth** for the consent forms.

Riders **MUST** have **HELMETS, WARM APPROPRIATE CLOTHING, GLOVES, WATER BOTTLE.** An energy bar and wet weather clothing are advisable.

We have administrative and organizational hurdles to overcome every year. One very time consuming and fragmented activity is collecting the subs . To overcome this and free up coaches time we have decided to ask for subs for the year in advance. This year's sessions will be charged on a one off levy basis. Early payment before the end of May will get you a £5 reduction.

Membership and subs is £55

Subs include all Summer and Winter road sessions, all coaching and training advice and the free use of CCA track bikes. Circuit training , roller and turbo sessions are an extra as and when organised.

Remember...we give a £5 discount for prompt payment of subs. and membership before end May. After the 31/5/09 the charge will be £55.

Important Notice....NEW Members can come FREE for the first session to see if they want to join.

The children in Go-Ride activities within risk assessed grounds and under British Cycling Qualified Coaches are insured. But for the purpose of individual insurance when racing or road riding, each child will need to join British Cycling as a Silver Member.

We will require proof of membership as this will then mean that individuals have third party insurance. (I suggest that everybody applies for a race licence at the same time, as this is free in the first year and will cut costs at race meetings)

Here is the link to the form.

<http://www.britishcycling.org.uk/nmsruntime/saveasdialog.asp?lID=11561&sID=1342>

If you could arrive on Thursday with as much of the paperwork completed this will make the process a lot smoother.

For week ONE can we suggest you concentrate on membership and subs. British Cycling insurance and race licences will take longer to arrange.

If you have any questions please contact geoff@ccashwell.com