

# **Junior Newsletter**

## **May 2009**

### **Coaching sessions.**

*Coaching continues in May. There are two sessions : Saturday, May 2nd and Saturday, May 23rd starting at 9.30 both using Whitworth Park These sessions will contain a mix of skills and racing type games. We will try out several possible mountain bike courses ready for the regional championships in June. When the footballers have finished and the grass is dry we will mark out the grass track and practice racing on the grass.*

***Please** remember to sign the register if you attend one of these sessions as we need an accurate register of who attends.*

**Junior Dr Bike** *This session takes place on Thursday, 21st may from 19.30. If you have problems with your bike you can get them fixed at this session. If you would like to know how to maintain your bike, or to check for faults, this could be the session for you. If you would like one or both of your parents to know how to maintain your bike, bring them along. However you must let Rob know at least a day before Dr Bike that you intend to come to the session by ringing 01629 822259.*

**BSCA Events** *If you are riding any of the events at Darley Moor, please make sure that you are there in time. Times given on the start sheet are approximate. You need to be there at least 30 minutes before the start time as you must have your gear checked and then sign on. If you are riding both events your gear has to be checked only once but you must sign on for both events.*

*The next BSCA Regional Championships, which are in June, are the grass track and the mountain bike, both in Whitworth Park. They are worth entering for the experience and especially if you make up school teams within an age group. Boys teams have three members, girls teams have two members. All the races above use under-8, under-10, under-12, under-14, under-16 and over-16 age categories for both boys and girls. (ages as on 1st September 2008).*

*Entry fees to all the above events can be claimed back through our Young Rider Fund at the end of the season.*

**Further details and additional information can be obtained by phoning 01629734996 or emailing [cj@ormail.co.uk](mailto:cj@ormail.co.uk)**