

## Developing *the Next Generation of Cyclists*

### NEWCASTLE PHOENIX C C

Coaching sessions taking place on the Cyclo Cross Course will cover the three main aspects of effective racing; pre race, race, and post race.

Pre Race	Race	Post Race
How to sign on to the race	Descending	How to cool down
Course reconnaissance	Ascending	How to evaluate your race
How to warm up	Observation	Nutrition and hydration
What to bring to a race	Gear selection	
Nutrition and hydration	Riding in a group	
	Moving mount and dismount	

During the winter we will be holding a series of races to monitor progression, the first of these will be on 24 October 2009 and will count towards the Best all Rounder series. Over the coming months it is hoped that the skills learnt at the Saturday morning sessions will encourage the youngsters to participate in Regional Cyclocross events, full details of which can be found on the club website and dates on the google calendar.

Club Cyclocross Event Dates	Venue
24 October 2009	Blakelaw Park
December 2009(TBC)	Blakelaw Park
January 2010 (TBC)	Blakelaw Park

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