

Prime Coaching



SATURDAY AFTERNOON 4 HOUR TRACK COACHING SESSIONS

At Calshot Velodrome, Calshot Spit,
Southampton SO45 1BR

21st September 2013 1230-1630hrs

12th October 2013 1300-1700hrs

2nd November & 7th December 2013 1310-1710hrs

29th March 2014 1310-1710hrs

Please arrive 30 minutes prior to session start for briefing and setting up.
Bring your own track bike, max gear 81" (48x16) or hire a bike with Look Keo pedals.
Hire fees are £11 adult / £8.20 youth for bikes and £3.90 for shoes.

**PEDALS ARE NOT ALLOWED TO BE CHANGED ON HIRE BIKES
HELMETS MUST BE WORN**

Coaching by British Cycling Qualified Coaches
Light refreshments available

Cost £27 adult / £15 under 16 per session

For more information or to reserve a place contact: Steve May
Email: stevemay@dircon.co.uk or telephone: 0773 250 1613

www.primecoaching.co.uk



Prime Coaching is a voluntary organisation committed to raising the standards of coaching and cycle racing in British Cycling Central Division. Membership of Prime Coaching is available to members of cycling clubs in the Central Division who wish to be active in achieving 'The Aims of Prime Coaching' Find us at www.primecoaching.co.uk