



Are you interested in cycling?

Do you want to improve your cycling techniques?

Are you competitive?

There is an opportunity for a small number of children (Year 5 or 6) to attend an after school cycling club (3:15 – 4:15 on Tuesdays) with Miss Heightley, who has recently achieved her Level 1 certificate in coaching cycling with British Cycling. You will be introduced to the foundation skill sets required to start riding competitively (covering a variety of disciplines: road, mountain, cyclo-cross, BMX, cycle speedway), as well as becoming more aware of cycling etiquette.

All sessions will run on the school grounds, and will focus on developing skills and speed. There will be variety of fun activities, designed by British Cycling, to take part in each week. You will also have the opportunity to achieve certificates for certain skills acquired.



To attend the club, you must:

Have a bike that you can use for the session (a road or mountain bike);

Have a helmet and gloves;

Be able to ride a bike with confidence;

Aspire to cycle competitively



If this sounds like a club that you'd like to join, please ask your parent/ carer to complete the attached form. **Return it to Miss Heightley as soon as possible.** This is a first come, first served opportunity, which will also take into consideration the information on the attached form.

The club will start on the first Tuesday after half term (4th June), and run for the duration of the Summer Term.

Miss Heightley

Year 5 Leader