

Prime Coaching



TRACK COACHING SESSIONS

**At Calshot Velodrome, Calshot Spit,
Southampton, Hampshire SO45 1BR**

Saturday afternoons 14.00 hrs to 17.00 hrs
29th Oct, 12th Nov, & 10th Dec 2011, 18th Feb & 24th Mar 2012

Arrive by 13.30 hrs for briefing and setting-up. Helmets must be worn. Bring your own track bike, max gear 81 inches (48 x 16) or, bikes with Look Keo cleats can be hired for £10 adults /£7.50 youth, shoe hire available at £3.70. **PEDALS ARE NOT ALLOWED TO BE CHANGED ON HIRE BIKES**

Coaching by Qualified Coaches. Light refreshments available.

Adults	£20 per session
Youths (16 and under)	£10 per session

To reserve a place or for further information contact: Steve May

Email: stevemay@dircon.co.uk

Tel: 0773 250 1613



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