

Go Ride Coaching

We have one more coaching session this **Saturday 10th Feb** before half term. We will then have one week off and resume on **Saturday 24th Feb running for 5 weeks up to and including Saturday 24th March.**

This block will continue to focus on techniques and skills and be mostly undercover making use of the ramps, rollers and kickers etc. Please come with trainers and flat pedals so you can get the most out of the sessions and not worry about clipping in.

Please be prepared for the colder winter weather and dress appropriately, including gloves, as although under cover its will still be cold, particularly as such skills sessions are typically less active.

Venue: Thorneyford Farm, Kirkley, Ponteland, NE20 0AJ

Time: 8:45 - 9:45 Cost: £4 on the day

The coaches will split the riders into groups using different pieces of equipment and rotate around to try and keep everyone as active as possible.

Club Rides

The club rides will continue to depart from the farm at 10am although there will be no further Youth Club Rides until the finer weather returns in the spring. Please ensure that you start in the slower groups and only progress when comfortable to do so. If in doubt please speak with one of the coaches and remember all members under 12 must be accompanied by a responsible adult. Please remember that unaccompanied youth members can join a ride at the discretion of the rider leader. A parental consent form must be completed and emergency contact details provided to the ride leader.

Go Ride Racing

There will be Go Rode racing this **Saturday 10th February after coaching.** We will try to find a dry patch of the field and put some of the skills you've all been learning into practice

Go Ride Half Term Coaching

There will be a half day coaching with the regional BC Go-Ride coaches at Thorneyford Farm on the morning of **Thursday 15th Feb.** Please keep a look out for more information...

Please speak with one of the coaches if you would like more information or advice on any of the above!

Vags Go Ride Team