

Welcome to RRPCC and Slipstreamers. Thank you for joining our club.

This pack is made up of various information sheets that we hope will help you as you get to know the club.

We have a club website – www.rrpcc.co.uk – on which you can find all sorts of other information, a calendar with most of our activities on, details of upcoming events and a forum where you can ask questions, buy and sell things and find information. The club also has a Facebook page for those of you who use Facebook.

Information on cycling in general can be found on www.britishcycling.org.uk. This is also the website to go on to register for races. (You may register on this site for your first year's membership of British Cycling for free.)

Included in this pack:

- A current "What's On"
- Information on the different types of cycling
- A guide to "suitable clothing"
- Information on our bike loan scheme
- Information on our Saddle Up scheme
- Who's Who at Slipstreamers
- Our parents' Code of Conduct

If you have any questions, please do not hesitate to talk to one of us on the admin desk, or to a coach – or to any of the adults standing around. We pride ourselves on being a very friendly club and I am sure if whoever you talk to can't help, they will point you in the direction of someone who will.

Happy cycling

Lucinda and Paul

Club members' code of conduct

Club members shall at all times conduct themselves in a manner which does not bring cycling in general, and the Club in particular, into disrepute. **This is particularly important when dealing with members of the public, and especially, with other road users.**

For Parents/Carers

As a parent/carer of a member of the Redditch Road & Path Cycling Club you are expected to abide by the following code:

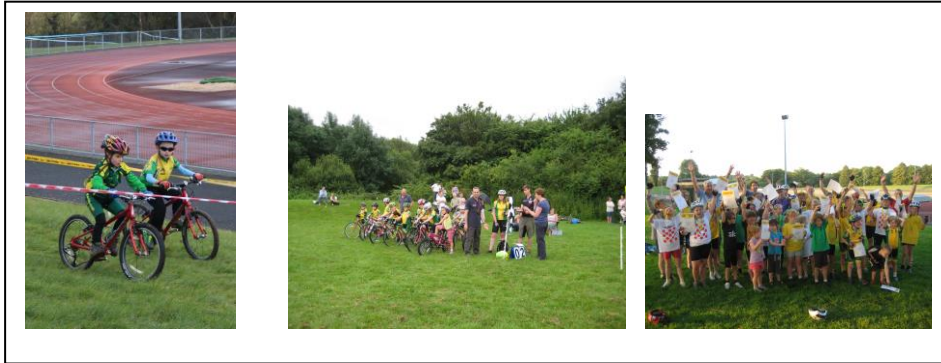
- Inform the coach of any specific health requirements or medical conditions of your child in advance of the coaching session through the completion of a participation membership form and coaching consent form.
- If your child has to leave early or is being collected by someone other than a parent/carer, the parent/carer must advise the coach of the details of the arrangement including who will be collecting your child and when.
- Encourage your child to keep the 'Slipstreamers' Code of Conduct', learn the rules for particular disciplines and ride within them.
- Discourage unfair play and arguing with officials.
- Help your child to recognise good performance, not just results.
- Set a good example by recognising fair play and applauding good performances of all.
- Never punish or belittle a child for not winning or making mistakes.
- Publicly accept officials' judgements and teach children to do likewise. Take up any disagreements through the proper channels.
- Support your child's involvement and help them to enjoy their sport.
- Use correct and proper language at all times.
- Remember that children participate in sport for their enjoyment, not yours.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.
- Show appreciation and respect for coaches, officials and administrators. Without them, your child could not participate. If you have a grievance please write it down and present it to an appropriate club officer.

Local Racing

Go-Ride Racing

Go-Ride Racing is British Cycling's exciting entry-level competition programme, which offers local competition for novice cyclists under the age of 16, helping young people to make a gradual transition into competitive cycling.

At Redditch, we hold a couple of series a year with a range of prizes awarded, including certificates, medals, wristbands and trophies. Children can race in as many of the races in the series as they like and are awarded prizes for individual races and also for the series. There are several age categories from Under 6 to Under 16 so everyone can have a go. No racing license is needed for these races and they are open to anyone who can ride a bike. 75% of the Olympic team come from Go Ride Clubs such as ourselves.



West Midlands Cyclocross League

This is the most popular of the forms of racing in our club with

the most competitors. The league runs from September to December. Racing takes place on a Sunday with the occasional Saturday race. There are about 12 or 13 races around the West Midlands at venues such as Redditch, Newport, Leicester, Solihull, Lutterworth, Worcester and Shrewsbury. In order to gain league points for yourself and the club, and so that you can be gridded at the start of the races, you need to register for the league. This needs to be done before the start of the League – look and listen out for information during



July and August. Most of our coaches race Cyclocross so have a word with Anyone, the more the merrier it's a really great fun day of relaxed racing. Most of the Olympic team started out racing cyclocross.

For more information look on: www.wmcl.co.uk

West Midlands Youth Circuit League

Circuit racing takes place through Spring and early Summer at venues around the West Midlands. There are approximately 6 races over the months. Racing takes place on a tarmac circuit which is traffic free. Some are in parks, some have their own venue. Like the cyclocross league, riders race against other people of their age and accrue league points over the season. The races generally take place on a Saturday morning. Pre-registrations allows riders to get points and be gridded. We have a small but enthusiastic group of riders who go to these races.

For more information look on: www.facebook.com/WestMidlandsCycling (and keep your ear to the ground – we will give you information as we get it at parish notices at the end of the session)



Friday Night Track League

Our local track racing league takes place at Halesowen Cycling Club on a Friday night between the end of April and the start of September. These races are on a

400m outdoor, banked, tarmac velodrome. There is racing available for all ages. Under 10's can race on freewheel bikes, over 10's need to race on a fixed wheel bike. All riders need to be accredited before the racing season starts to make sure that they will be safe riders. Racing will not happen on days where the [Grab your reader's attention with a great quote from the document or use this space to emphasize a key point. To place this text box anywhere on the page, just drag it.]

track is wet as this will a variety of races each taking part in 3 or 4 week. We have a good adults who are regular

If this sounds like interested in (either as talk to any of the track specialist coach introductory coaching track.



be dangerous. There are evening with each rider races which change each crowd of children and racers at track league.

something you would be an adult or child) please coaches. Luke is our and tries to co-ordinate sessions for riding on the

For more information look on: www.halesowencycling.net.

Mountain Biking (MTB)

Most people don't realise that Mountain Biking is a summer sport so often clashes with There are two relatively local Mountain Bike league the most well established is the Midlands XC league with 6 or 7 races in the Midlands. There is normally plenty of spaces to enter on the day and the Courses are the U8's. These are relaxed same crowd as the cyclocross. year called the West Midlands races (1 was cancelled) in either chase is the most local trail Dean and Sherwood Forest riding too. We have one Specific want to chat about this ask him



proper MTB courses even for friendly races with a lot of the A new league was formed this MTB League, this consisted of 4 Cannock or Malvern. Cannock centre to us with the Forest of being reachable for a days MTB Coach Paul Berry So if you for more info.

Redditch Road and Path Cycling Club Bike Loan Scheme

The club has various Isla bikes for hire with both straight and flat handlebars (to fit children aged from around 3 years up to small adult). We also have track bikes available to hire. These are hired for periods of six months - the charge being £25 (which covers a service at the end of the hire) along with a deposit of a further £25.

If you would like to hire a bike, please read on.....

Write a letter stating why you would like to hire a bike and which size/type you would like, ideally incorporating your inside leg measurement. The bikes are to be used for competition and training only, the exception being one bike aimed to get small adults into cycling.

Please hand your letter in at the Slipstreamers desk to Lucinda or Becky and it will be taken to the next coaches meeting where a decision will be made as to whether there is a suitable bike available for you to hire.

During the hire period you are responsible for the safe keeping and good order of the bike.

Points mean prizes !!

Each year, children accumulate points for doing various activities and there are trophies up for grabs. Our year runs from 1st October to 30th September. Children who earn over 50 points receive a certificate and a medal, there are trophies for the girls and boys with the highest points over the year and also the potential to earn a reward during the year – in previous years, this has been a club hoodie but the specific reward changes.

Points are earned as follows:

- 2 points for attending a Wednesday Slipstreamers session
- 5 points for weekend club events
- 5 points for a social event
- 10 points for a regional race
- 20 points for a national race
- 50 points for an international race

You can keep track of your points yourself and give in a points claim at the end of the year or alternatively, email your event details to admin@rrpcc.co.uk and they will be entered into the spreadsheet.

Types of Cycling

You can cycle for many reasons and if you want to compete, there are many different types of racing. Below is a brief overview of the main types of cycling, what they involved and how the club can support you in that discipline.

BMX – This uses a simple bike with no gears and one rear brake. Riders ride on a track with jumps and banked corners. Racing is made up of lots of very short (under a minute) races with qualifying heats leading through knockout rounds to the final. Racing takes place throughout the year.

This is not something we do at RRPCC. Please try out the BMX club in Redditch if this sounds like it is the cycling for you.

Cyclocross – This can be described as cross-country running – on bikes! Cyclocross bikes look similar to road bikes but have some adaptations to help the rider tackle mud, grass, gravel or sand. The course can involve riding over obstacles such as tree roots and as you get older, can progress to having to carry your bike over fallen trees or riding down stairs. Racing involves one race per age category per racing day and riders are split into categories from Under 6 to over 70's making this a great type of racing for the whole family. Racers compete over a set time which is different for most of the categories and the course is lap based making it enjoyable to watch and also meaning that no-one is left behind – when the racetime is up, everyone finishes regardless of the number of laps they have ridden. Historically, cyclocross has been a winter discipline but recently there has been an increase in the number of summer races too.

RRPCC have a very large number of riders competing in cyclocross – of many different abilities. It is a fantastic way to start off racing and to meet new people – both within our club and in other local cycling clubs. Please speak to either one of the coaches or one of the admin people if you think you might want to give cyclocross racing a go.

Cycle Speedway – This uses a simple, robust bike with no gears and heavily treaded tyres. Riders race round an oval, shale track in. Four riders race at a time – two from one team and two from another. Points are given according to positions and at the end of the day, all points are added up to give a winning team.

This is not something we offer at RRPCC. Follow the link on the British Cycling website to find a club that suits you.

Leisure Cycling – Many riders have no interest in competing but love being out on their bikes. No specific bike is needed to start off with – although if you want to do longer rides, a hybrid bike may prove the most comfortable and able to take the

panniers containing food/spare clothing/ tents... RRPCC offers rides out on a weekly basis – some for training, others for the social side of cycling and to go and see places (these often involve a coffee stop). We also have one off rides through the year such as the Club BBQ ride and the Holly Run. Please look on the forum for more details – or chat to one or the admin people at the desk.

Mountain Biking – This combines the endurance and technical skill of cyclocross with the speed of downhill. Mountain bikes have flat handle bars, a large gear range and knobbly tyres. It takes place in off road venues around the country in parkland, woodland, forests or a mixture of all of the above. Racing takes place throughout the year but with the main season running from Spring to Autumn. As a club, we don't take part in mountain biking en masse. However, we do have several members who take part in this discipline and can give you more detailed information. Once again, speak to a coach or someone on the admin desk.

Road racing – This type of cycling involves endurance, bike handling skills and tactics. There are three disciplines of racing – road racing, closed-road circuit and time trialling. Bikes are light with skinny tyres, drop handle bars and multiple gears. There are types of all road racing supported by the club with most of the closed-road circuits being for the younger riders and the time-trials having a lower age limit of 12 (there are other limits as well – please see a coach to find out when this would be suitable for you). This takes place mainly in Spring and Summer with the odd race happening at other times of year.

Track cycling – This is to cycling what “track and field” is to athletics with a variety of types of races happening at any one event. The bikes are very simple – no gears and no brakes! Riding takes place on an indoor or outdoor track, made from wood, tarmac or concrete and with varying degrees of banking. The track racing season stretches throughout the year but for RRPCC and the venue we use, it is only a summer event. Racing happens in heats with riders receiving points depending on their position and then all the points being added up over the series to give category winners.

Suitable Clothing

Your child needs to come to Slipstreamers wearing “suitable clothing” and a correctly fitted helmet. What does this include?

There are no hard and fast rules. However, the information below should act as a guide.

Cyclists should wear clothing that is comfortable and also practical with respect to the weather. As a general rule, lots of thin layers are far better than a couple of thick layers. Your temperature can change rapidly as you exercise and the outside temperature changes with the sun or wind. Wearing layers means that you can adjust what you wear quickly and easily. It is recommended that your base layer should not be cotton as cotton absorbs sweat and becomes a wet layer close to the skin. Synthetic materials wick water away from the skin and so are preferable. Your outer layer should be wind/waterproof on cool days.

If you start to do more cycling, cycling shorts may prove useful. They have a padded area that you sit on and which also absorbs sweat making them more comfortable.

Gloves are a must for cycling – ideally cycling gloves. If you fall off your hands can be easily grazed. Gloves prevent this. They also help to keep little hands warm in the winter.

Key things to remember for safety:

- Cycling helmets must conform to British Safety Standards and fit properly. These will be checked at the start of every training session. If you need help with this please ask a coach.
- Don't wear baggy clothing – it can get caught in wheels and also acts like a wind sock!
- Tuck in trousers and joggers to stop them getting caught in the chain
- Tuck laces into shoes
- Wear gloves for safety

The Redditch Road and Path Cycling Club's Slipstreamer Saddle-up Award Scheme

You will notice that, with regular attendance, your child/children will make excellent progress with their cycling. This may be shown as confidence in riding, knowledge and understanding of how their bike works and should be maintained or a willingness to take part in competitive racing.

To acknowledge this progress in a measurable way we have devised a **progressive award scheme**.

The scheme has two main elements:

1. Core award
2. Performance

1. The **Core element** has progressive levels **Gears 1, 2 and 3.**

Each Gear is sub-divided into 3 strands: **Know your bike and clothing**
Skilful riding
Taking part

A badge and certificate will be awarded for the completion of the criteria in each strand i.e. a total of **9 badges and certificates to collect.**

2. The **Performance element** also has three levels: **Gears 1, 2 and 3.**

Each Gear is sub-divided in to 3 strands: **Bronze,**
Silver
Gold.

These strands **combine the skills from Core Gears 1, 2 & 3 with competitive cycling.** This does not necessarily mean racing against others but may be a personal improvement against the clock.

A badge and certificate will be awarded for the completion of the criteria in each level
i.e. a total of **9 badges and certificates to collect.**

Assessment

Individual criteria from the different Gears and Levels will be assessed when the child feels ready to achieve what is required. No pressure will be applied but encouragement to achieve will be evident.

Assessment will be by prior arrangement on the first Wednesday of each month. Please email youth@rrpcc.co.uk with the criteria on which the child wishes to be assessed so that the appropriate course(s) and equipment can be prepared.

Slipstreamers who have completed criteria in previous years will be credited with their achievements. With the exception of Gear 3 and Gold awards, no-one will be asked to be re-assessed to gain their badges but evidence will be required.

Pam Yates
January 2015