

14th Annual Youth Week

Crystal Palace

National Sports Centre



20th/25th AUGUST 1978

British Cycling
Coaching Scheme

YOUTH WEEK 1978

The British Cycling Federation and the Road Time Trials Council are pleased to announce the 14th Annual Youth Week, to be run by the British Cycling Coaching Scheme at CRYSTAL PALACE NATIONAL SPORTS CENTRE, LONDON, SE19, from Sunday evening 20th August to Friday evening 25th August 1978

The course will be under the direction of BCCS Senior Coach George Robinson together with other qualified coaches of the British Cycling Coaching Scheme.

In addition to on-the-bike activities on the Crystal Palace racing circuit in competitive situations, there will be lectures, films, discussions and practical sessions in the gymnasium. There will also be sessions on the track at Herne Hill Stadium.

Assembly will take place during the afternoon of Sunday 20th August and the first meal will be dinner that evening. The course will end and disperse after dinner on Friday the 25th August. Participants will thus be able to ride events during the weekends at both the start and the end of the course.

Applications from Schoolboy/Juvenile and from Junior riders (having these categories to the end of the 1978 season) should be made on the enclosed application form as soon as possible and sent with the course fee of £30.00 or a deposit of £10.00. The latter will not be refunded should the applicant withdraw from the course too late to have the place filled - thus leaving that place unoccupied.

A total number of 50 places is available and you are advised to send your application in without delay: every year there are numbers of disappointed applicants: the late ones!

Attendance certificates and receipts will be available for those claiming grants from their local Educational Authority. The best person to approach is the local YOUTH OFFICER, and the application should be made as early as possible - it is usually fruitless to do so later than two weeks before the course - at the very least.

Cheques and P.O.'s should be made payable to the British Cycling Coaching Scheme and sent with applications to:-

R.W.E. POOLE, 35, CHURCH ROAD, WOODLEY, BERKS RG 5 4 QN.

The course fee for Youth Week covers full board: one's room, three square meals, and use of the required facilities. Thus there is no additional cost apart from normal pocket money.

Accommodation consists of apartments for three people: one double room with twin beds, and one single room, each having a wash-hand basin and fitted wardrobe. Each apartment has its own bathroom and W.C. for the three occupants.

Every day except one spent at Herne Hill track will have bike riding activities both in the mornings and the afternoons in which participants will be introduced to "high-quality" training methods for success in racing. Most of these will have a strong competitive element. During the sessions at Herne Hill track, separately for Schoolboys and Juniors, the British Cycling Coaching Scheme coaches, employed there by the Greater London Council and who are expert and remarkably successful in teaching track riding from the complete novice to the international standard, will be the "teachers" and instructors.

There is a week-long "general classification" competition again separately for Schoolboys and Juniors, with medals for the three highest placed in each category. Points are scored in most of the week's events - or lost for misdemeanors - and the Barry Elson Memorial Trophy for the top schoolboy, given by the Coventry R.C., and presented at their dinner - or at that of the winner's own club.

The lectures follow each meal, thus giving time to digest one's food before a hard session on the bike, and will all deal with TRAINING - with the ways and means of fitting oneself in the best possible way to become a better bike rider - even a champion!

Those applying for a place on Youth Week will only get a reply at once if the application is too late. If such a reply is not received within a few days it can be taken that a place has been secured. But in that case, no reply will be sent until about July 31st so please do not ask for an early acknowledgement - it will come with the course programme, a list of the names and addresses of those attending, and full instructions on what to bring, when to arrive, etc.