

The Bedgebury Forest CC Junior Club

The BFCC Junior Club is aimed at young riders who would like to develop their mountain biking skills. All our fun sessions are delivered by our team of experienced British Cycling qualified coaches, who will help riders develop all the techniques they need to ride a mountain bike safely and competently.

The club runs Saturday morning coaching sessions from around Easter to October, with each session covering a skill that is then put into practice on a trail ride. On selected weekends the Club arranges mountain bike races that our junior members are encouraged to take part in.

Please note: All riders taking part in a club activity will need to submit a consent form.

Trial Session: Riders joining for a free taster session **MUST** be accompanied by a responsible adult who will introduce the rider to the coaches and also complete all the consent forms. We ask the responsible adult to remain on site and contactable by mobile.

Details:

<u>Age Range</u>	- 8 to 16 years
<u>Location</u>	- the Club Training area at Bedgebury Forest – see map
<u>Format</u>	- skills training session followed by a trail ride
<u>Bike</u>	- a mountain bike in good working order
<u>Clothing</u>	- helmet + clothing to suit likely weather conditions
<u>Other</u>	- bottle of water and a snack
<u>Season</u>	- Easter to October
<u>Time</u>	- Saturday mornings 10 to 12

Riders need to be at the club training area by 9.45am for a 10am start. Riders are then picked up from the area by the bike shop at 12.

Riders must bring their i.d. card to each session with up to date contact and medical information

BFCC Advanced Group

The club also runs separate coaching sessions for more experienced riders. Once riders have developed a suitable level of fitness and skill they will be invited to move up to the Advanced group.

Visitor centre area and play area

