



Coaching Booking Form 2021

Please complete and return to:

POST: - Gary Scott, 36 Truman Drive, St Leonards-on-Sea, East Sussex, TN37 7TH.

Email: - Gscot1@btinternet.com

1. Booking Form – Rider Information

First Name:		Surname:	
Address:			
		Postcode:	
Home Tel:		Mobile:	
Emergency Name/Contact:	Mobile:		
BFCC Membership No:			
Email for course confirmation:			

2. Which course do you wish to participate in?

Adult beginners MTB skills course:

Tick as appropriate

Saturday 24th July 2021 – 10.00am to 2.00pm

£40 to members

£50 to non-members

Adult Intermediate MTB skills course:

Tick as appropriate

Saturday 19th June 2021 – 10.00am to 2.00pm

£40 to members

£50 to non-members

3. Rider Profile section completed?

Yes/No

4. Please pay the course fee via PayPal:

Please use the "paying a friend or family" option to payment@boarsonbikes.co.uk - add "coaching" to the message.



Rider Profile – Pre-coaching Data

This form is designed to give a basic impression of your aspirations and recent performances, and what your potential might be. All answers will be treated in confidence.

Many of the questions are very general so take time to think carefully when formulating your responses. Please use additional sheets if there is insufficient space provided for your answers.

Section One: General information

Date of Birth: _____ Height: _____ cm Current Weight: _____ kg

Name: _____

Address: _____

Telephone (home): _____ (work) _____ (mobile) _____

E-mail address: _____

Rank on the scale below how you feel about your current **fitness level**

Extremely dissatisfied 1 2 3 4 5 6 7 8 9 **very 10 satisfied**

Rank on the scale below how you feel about your current **state of health**

Extremely dissatisfied 1 2 3 4 5 6 7 8 9 **very 10 satisfied**

Please list any medications you take on a regular basis

Please give as much detail as you can about any form of medical or health condition that might influence your learning experience and rider development.

Your coaching and support needs

Please outline your background – previous sports (if any) and achievements, overall ambition and motivation, reasons for choosing cycling as a sport.

List your personal goals for the coaching sessions booked:

Ideally, what would you want BFCC coaching team to do for you?

Any comments or suggestions for the BFCC Coaching Team to consider for future events?