



## KIDS TRACK CYCLING

Free Instructional Classes for Age 7- 15 ⚙ Bike and Helmet Provided

### 2008 SPRING SESSIONS

|  |                      |   |
|--|----------------------|---|
| <b>BEGINNER</b>  | Monday, 4:00-5:30    | April 7 - 28th and May 5 - June 2nd<br>(no practice May 26th) |
| <b>SPORT</b><br><i>Race School</i><br><i>In-training Group</i> | Wednesday, 4:00-5:30 | April 16 - May 28th<br>(no practice May 21)                   |
| <b>ADVANCED</b>  | TUE & FRI, 4:00-5:30 | April 15 - May 30th (no practice May 20 & 23)                 |

**SIGN-UP:** Registration forms available at the following locations:

ADT Event Center Velodrome / [www.LAvelodrome.com](http://www.LAvelodrome.com) /  
register online [www.conniecycling.com](http://www.conniecycling.com)

#### **Beginner**

This class is the first step for riding at the Velodrome. The emphasis is on learning the basic skills for getting on track. The desire to become a bike racer is not necessary - only the desire to experience riding at the Velodrome. The bike handling techniques learned enhance safety skills fro riding with friends in the neighborhood. This class is a prerequisite for CC Sport and Advanced programs. Beginner sessions may sometimes be divided into two groups (new & returning students). Participants wanting to continue beyond the Beginner Introductory course will be assigned to one of our "next level" groups.

#### **SPORT**

This is the step after Beginner. Focus is on continued learning of track skills and we begin to introduce race techniques. Our goal is to create an environment that challenges the athletes while at the same time allows them to advance at their own pace.

For the Spring session we have created two Sport groups; Sport Race School and Sport In-training.

**Sport Race School:** Riders must be able to ride multiple laps on the Black line and higher. Riders should have a strong desire to acquire the skills necessary to compete in USA Cycling licensed races at the track.

**Sport In-training:** This is for Sport riders who are not yet riding the Black line or for riders choosing to pursue the non-competitive path for Spring session.

#### **Advanced**

For riders currently racing or interested in acquiring the skills necessary to race. Practices are run in a workout style format. A certain level of skill & ability is necessary to join this group. New riders must be approved by CC. Contact Connie at 800-431-5281.

**Advanced Spring Session:** 6-weeks. Focus is on learning age specific races as well as continuing to work on skills and conditioning.

