Dear Parent / Guardian,

Our Junior Coaching sessions have been running successfully since October 2015.

The Junior sessions are run by our Head Coach, Martin Kitching who is assisted by a number of qualified coaches. All of our coaches have undergone training through British Cycling and are British Cycling level 1 or level 2 qualified coaches. They are trained in Safeguarding, 1st Aid and are DBS cleared. As well as qualified coaches we have Welfare Officers who regularly attend the Junior sessions. Contact details for our Head Coach and Welfare Officers are at the bottom of this letter.

Our coaching HQ is site 30 on The Cobalt Business Park, at the top of The Silverlink on North Tyneside. It has a full venue risk assessment, and each session is risk assessed by the coach delivering the session each week. We have comprehensive club insurance, Safeguarding and child Protection policies, follow British Cycling Coaches Code of Conduct and we have our own club Anti-Bullying Policy & Code of Conduct for our Juniors to follow.

Junior NTR Annual Club Membership is £5. Once joined, weekly subs are then £3 per session. If you prefer not to join NTR as a member, you are still welcome to attend as a non-member and session costs are £5 per week. The first taster session is FREE.

We are currently transitioning to a cashless system where payments are to be made directly to NTR by bank transfer. More information will be made available at Junior sessions as we are hoping to take payments monthly.

Family Membership is also available. See our club website for further details & cost: <https://northtynesideriders.co.uk/membership/>

Our Junior sessions provide cycling opportunities for young people between 5 & 16yrs based upon the British Cycling “Go Ride” programme.

We recommend that our Juniors also become members of British Cycling. British Cycling are the national governing body for the sport and are offering FREE annual members ship for juniors that join an affiliated cycle club.

This FREE membership comes with a wide range of benefits including insurance cover. You can join over the phone by calling 0161 274 2010 or online via the following page, which includes details of the free membership benefits:

<http://www.britishcycling.org.uk/clubs/article/20120607-club-static-Club-member-joining-British-Cycling-for-the-first-time--0>

Any 12yrs+ Juniors who wish to take part in other NTR club rides outside of our Junior sessions MUST have British Cycling Membership to take part. Juniors must also attend the Junior sessions up to the age of 16yrs if they wish to take part in the mainstream club rides.

Please talk to Rob Bolton Dixon (NTR Club Chair) or one of our Coaches or Welfare Officers if you wish to discuss attending other club rides. Parental Consent is compulsory. Please ask for a Consent Form for these sessions.

Junior sessions are every Saturday 11-12.30pm. We have a NTR Juniors Facebook page we welcome parents and older juniors to join where events and updates are posted:

<https://www.facebook.com/groups/674405889309565/>

All children must already be able to ride a bike before attending their 1st session. We encourage Juniors to arrive 10-15 minutes prior to HQ session start. Under 14's parents must stay and support and supervise their child. We recommend each child brings a drink, appropriate clothing and helmets *must* be worn. Any Juniors turning up without a helmet will not be allowed to take part.

Our grading week is a great way to assess the skills learnt by our Juniors and gives further structure to our sessions. The Grades are NTR-specific devised by our Head Coach Karl Faetz. They enable our Juniors to see their own progression and give them something to aim towards.

We are currently looking into putting together our own NTR Junior Race Teams to take part in Competitive events, TTs and other local Cycle Club hosted Races as well as attending the North East Cluster sessions held at Prissick Park Cycle Circuit in Middlesbrough. We are working on putting together structured training sessions to develop those Juniors who are interested in competing. More information will be available in the coming weeks.

We try to ensure we keep our Juniors interested in a mix of cycling activities and social events rather than just a train, train, train approach. Previous social rides offsite have included a 30 mile ride from Allenheads to Newcastle, Cycling around the Waggonways in North Tyneside, a visit to Hamsterly Forrest on the Mountain bike trails as well as fun events such as a Christmas Fancy Dress ride to The Hub and our recent Easter Egg Hunt. Parents are expected to attend these rides. We are always open to suggestions for rides offsite and encourage our Juniors to make suggestions!

In some instances, these rides are suitable for younger siblings on bike seats / in trailers. The rides are not suitable, however for siblings on balance bikes. Please see coaches for advice about whether a ride is suitable to bring siblings.

We encourage parents to read our Code of Conduct to the Juniors. It is important that Juniors are aware of our rules regarding behaviour and respecting one another. Other Policies are available on our Website & Juniors Facebook Page. Please inform us if you wish to be added on Facebook.

Junior Events are listed on our Website Events Calendar. Updates will be added on there so please check a day or so before each sessions for updates. Last minute changes etc will also be communicated via our Juniors FB page.

For the safety of your child it is important that the club is informed of any medical condition, recent injuries or allergies.

Refreshments (tea / coffee / biscuits) are offered at each HQ session. A small donation is appreciated.

We look forward to seeing you at Training!

Contact Details

**Club Chairman** – Rob Bolton

rob@northtynesideriders.co.uk

**Head Coach – Martin Kitching**

racing@northtynesideriders.co.uk

**Welfare Officer** – Graham Raftery

welfare@northtynesideriders.co.uk