

















Mountbatten Cycle Coaching Group Development Forum

(established 11/10/2012)













The M.C.C.G.D.F. is a forum for British Cycling Qualified Cycling Coaches who work together to deliver weekly coaching sessions for a wide range of abilities at the Mountbatten Centre and the Portsmouth area.

Proposed New Weekly Weekday Evening Club Clusters of Training 2016

MONDAY EVENING CLUB CLUSTER M1 <i>Coaching / Coach Led Racing Scenarios</i>		
	Session 1: 14 years and over	19:30-20:30 - Tailored towards intermediate / advanced Seniors but also Juniors and Youths that are fast enough – <i>progress from M2 Session 2 / progress possibly to racing</i>
	Session 2: 14years and over	20:30-21:30 - An intermediate / advanced fixed wheel session - focus on Senior but also competent under 18's – including Derry <i>progress from monthly weekend fixed wheel 'taster sessions' / progress to racing</i>
WEDNESDAY EVENING CLUB CLUSTER M2 <i>(Structured Training Focus)</i>		
	Session 1: 18-16 years	18:00-18:45 - Tailored as a Gateway session for 8-16 years – <i>progress to M2 session 2, or M3 session 2, or possibly racing</i>
	Session 2: 14 years and over	19:00-20:00 - Tailored as a Gateway / Improver session 16 years plus - <i>progress from M2 session 1 / progress to M1 session 1, M3 session 2, or possibly racing</i>
	Session 3: 16 years and over	20:00-21:00 - Tailored as an Intermediate / Advanced improver session - <i>progress to M1 session 1, or possibly racing</i>
FRIDAY EVENING CLUB CLUSTER M3 <i>(Coaching / Coach led Racing Scenarios)</i>		
	Session 1: 8-12 years	18:00-19:00 - Tailored as an improver / advanced session for 8-12 years – <i>progress from M2 session 1 / progress to M1 session 2, or possibly racing</i>
	Session 2: 12-16 years	19:00-20:00 - Tailored as an improver session 12-16 years plus <i>progress from M2 session 1, M3 session 1 / progress to M1 session 1, M2 session 3, or possibly racing</i>
	Session 3: 14 years and over	20:00-21:30 - Partly a fixed-wheel gateway session but tailored as an improver session for 14 years and over – <i>Including Derry progress from monthly weekend fixed wheel 'taster sessions' / progress to racing</i>

CLUB CLUSTER M4 – e.g. first Saturday in the month			
	Session 1: 14years and over		T.B.E – 2 hour fixed wheel taster session <i>progress to M1 session 2, M3 session 3. M4 session 2 and possibly racing</i>
	Session 2: 14years and over		T.B.E – 2 advanced fixed wheel session – e.g. including derny <i>progress to M1 session 2, M3 session 3. M4 session 2 and possibly racing</i>
CLUB CLUSTER M5 – e.g. 3rd Saturday in the month			
	Session 1: T.B.E		T.B.E – 2 hour fixed wheel taster session <i>T.B.E.</i>
	Session 2: T.B.E.		T.B.E – 2 advanced fixed wheel session – e.g. including derny <i>T.B.E</i>

Existing Weekly Club Clusters of Training

CLUB CLUSTER L1 – Friday Evenings at Langstone Technology Park			
	Session 1: 8-12 years	  	18:00-19:00 - Tailored as an improver / advanced session for 8-12 years – <i>progress to M3 session 1, or possibly racing</i>
	Session 2: 12-16 years	  	19:00-20:00 - Tailored as an improver session 12-16 years plus <i>progress M1 session 1, M3 session 2, or possibly racing</i>
CLUB CLUSTER S1 – Saturday mornings at Southdowns College			
	Session 1: 8-12 years	  	09:00-11:30 – youth & junior road bike coaching <i>progress M1 session 1, M3 session 2, or possibly racing</i>

Descriptions & Key

Descriptions:



= Session for freewheel bikes fitted with brakes only



= Sessions for fixed wheel track bikes only



GATEWAY SESSIONS – *introducing the sport of cycling*



DEVELOPMENT SESSIONS – *improving skills and confidence*



ADVANCED SESSIONS – *facilitating sporting excellence*