

Welwyn Wheelers Track Accreditation 2018

Stage 1 skills (Taster/Introduction) Minimum Age: 8 years Adult £7 Junior £5

In this session you'll learn the basics of riding a fixed wheel track bike on an outdoor velodrome. You'll learn a range of new skills and techniques including:

- Starting & stopping
- Hand positions
- Track gradients (Exploring all areas of the Track)
- Basic introduction to riding in a line, including awareness of other riders

Stage 2 skills (Novice Improver)

This 1½ hour session progresses riders from the basics and covers a range of techniques, these include:

- Group riding
- Using the track gradients efficiently
- Handling a track bike effectively, especially when riding close together

This session is designed to allow you to practice and develop your skills and confidence - whether that's from one session or several. When yourself and the coach feel you are ready you can then progress to the next stage.

Stage 3 skills (Advanced Improver Session)

These 1½ hour advanced sessions will follow a similar format to Stage 2 but focus on improving skills at higher speeds. You'll practice advanced techniques in situations where you are under pressure at speed, giving you the correct skills to safely ride SQT sessions. (Structured Quality Training)

Stage 4 - Accreditation

With knowledge and skills learned in stages 1 - 3, riders that successfully and confidently complete all of the assessment tasks during this 1½ hour session, will be able to access Structured Quality Training sessions (SQT's); e.g. Monday evening advanced Track Sessions. Riders who wish to race in the **Welwyn Friday Track League** can be assessed on a Monday.

Skills sessions

If you're looking to develop your skills on the track each stage of the accreditation process is designed as a skills session. This allows you to build confidence by completing the session as many times as you need before both you and our coaches are happy for you to progress to the next stage...

Structured Quality Training (SQT's) (Monday Open Track Session)

These SQT sessions are for accredited riders who want to train in the company of experienced riders to improve their bunch skills in particular. Sprint, Endurance & Madison SQTs are currently for the more advanced riders. For further information have a chat with our Track qualified coaches.

www.welwynwheelers.org.uk