

## **Derny training day – Saturday 25<sup>th</sup> June 2016 – Palmer Park Sports Stadium (Reading Velodrome), Wokingham Road, Reading, Berks, RG6 1LF**

### **Introduction:**

By popular demand BC accredited motor pacing tutors Pip Taylor, Graham Bristow, Malcolm Freeman, assisted by Francis Gallacher and Sean Bannister will be providing a derny pacer training day as above.

With thanks to Palmer Park Sports Stadium for the hire of the track and Reading Velodrome Racing who are providing the Dernys on the day.

Awards will be made following continual assessment throughout the afternoon and based on competence.

### **Outline programme;**

- 13:30 Course starts – gather in the track in-field or in the track grandstand for – introductions, attendance register, sign-on and badge issue, review of the activities for the day, safety briefing.  
Review of Training Resource and Skills Log – leading to practical training and assessment.
- 14:00 Introduction to the derny – features, starting stopping, safety checks, pacer clothing check.
- 14:30 On the track:
- Solo starts and stops
  - Exploring the track on a Derny – how to enter the track and leave the track, signalling, where to ride relative to pacing training strings, solo riders and in racing
  - Holding ones line whilst looking behind
  - Debrief
  - Forming into groups
  - Debrief
  - Collecting followers and pacing (Keirin start procedure, derny race start procedure).
  - Group start > pacing
  - Debrief
- 15:30 Specific practise
- Group pacing
  - Assessment – group pacing
  - Debrief
  - Assessment group pacing
- 16:30 Final debrief/ assessment feedback/results and action plan
- 17:00 Dispersal

### **Notes**

- 1. This activity is safety driven.**

Derny Pacer Training – Outline programme – V1.0

Contact: Pip Taylor Mob: 07802 260022, E:peekassociates@btinternet.com

- 2. Pacers are responsible for the dery's they use, their followers, themselves and all others sharing the track.**