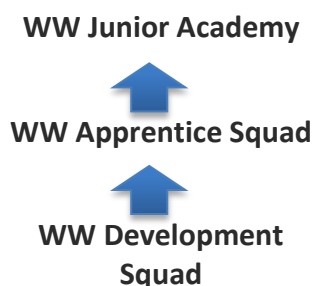




WW Development Pathway 2017/18

Welwyn Wheelers Cycle Club is looking to develop its success in nurturing young talent through the introduction of a new development pathway. Our volunteer coaches are now looking to identify capable youth riders who would benefit from participation in such a scheme and who are willing to commit their loyalty to the club and its investment in them.

This paper sets out the background to this initiative together with a description of this club pathway which will comprise:



History of Welwyn Wheelers Cycle Club

Welwyn Wheelers Cycle Club is a **Go-ride** and **Clubmark** accredited club affiliated to British Cycling. It has been based at Gosling Stadium Velodrome for over 50 years. It is primarily a racing club with its pedigree going back to the Mexico Olympics. Riders who started racing with the club have gone on to race internationally more recently in World Championships and Olympics (London and Rio de Janeiro) and ride in the pro-peloton. Riders from the club currently race in the following disciplines - cyclo-cross, road, time-trial, track and more recently cross-country mountain biking.

Youth Cycle and Race Team training provision

The Club has a very well attended Youth Section with a membership varying widely in both age, ability and cycling discipline. From a club and British Cycling perspective youth riders are well supported via regional and national racing, regional schools of racing (RSRS's) and BC's development pathway. However Youth A riders progressing into the Junior (U18) age group have had little input from British Cycling nor the greater cycling community.

Women's racing within the club has gone from strength to strength and to capitalise on this success a Welwyn Racing Team for junior girls and Women has been created. This team is a partnership between the club and the Kinetic bike chain and is for women riders from both the Junior and Senior ranks.

Whilst the Womens' racing team has been successful it is not youth focussed. Using its experience of this racing team the club now wants to build on this initiative through the launch of a pathway scheme for Youth riders - open to boys and girls - however to realise this ambition will require support from the riders, coaches, club volunteers and parents.



Proposed new pathway

The next step is to put in place a pathway for youth riders by implementing a development pathway within the club, which will provide the development structure and coaching support for capable youth riders to aspire to. The pathway would initially start in the U14s and progress through the U16 ranks to Junior. In future there is nothing to prevent it being extended in to the older categories e.g. U23, senior, vet

Riders on the development pathway will also enjoy benefits from Trek/Bontrager (via Hatfield Cycles), Errea (off-bike leisure wear) and of course the club (via the Gerry Edmunds fund, dedicated coaching, race planning etc.)

With the development pathway and the benefits that are included we would be hoping to inspire youth members in the club to see that they can develop their potential through the club, to retain riders who in the past would be seduced by other teams with the promise of equipment, support etc. plus potentially attract other riders from outside.

The proposed structure below is based on the **British Cycling's Pathway** and much of the acceptance criteria use BC benchmark protocols.

Welwyn Development Pathway Structure

Minimum acceptance Criteria 2017/18

Riders are required to apply for all levels of the pathway and applications can be made at any time. Riders can be invited to join for a probationary period without fulfilling all criteria but will need to show that they are able to satisfy outstanding requirements within six weeks. Riders can join the pathway at any level – riders can also be dropped off the pathway if they stop fulfilling the acceptance criteria.

All riders need to understand that acceptance criteria will be reviewed annually and updated as appropriate

Criteria for entry into Welwyn Development Squad

- Club training session attendance – summer – at least 3/6 sessions, winter – at least 3/5 sessions where one of them should be a core/stretching session and in the Winter the club Turbo session in the Winter
- Racing (in one or more of the following disciplines - Track, Road, Cyclo-Cross, or MTB) – regularly race regionally
- Two hour club run at an average speed of 15 mph (24Km/h)
- A national champion for **that** year from any of the track, road, cyclo-cross or MTB disciplines would automatically qualify



Criteria for entry into Welwyn Apprentice Squad

- Club training session attendance – summer – at least 3/6 sessions, winter – at least 3/5 sessions where one of them should be a strength & conditioning session (if this is provided elsewhere this should be proven) and in the Winter the club Turbo session
- Racing (in one or more of the following disciplines - Track, Road, Cyclo-Cross or MTB) – regularly race regionally plus raced in at least one National race. Aspiration to ride the National series in at least one discipline (or to qualify via regional heats)
- Attending RSR's or have RSR potential (track, road, MTB)
- Reached the minimum BC protocol benchmark (blue) for at least two from road & track where one should be the three hour club run
- Any member currently on British Cycling's Olympic Development Apprentice scheme would qualify automatically
- A national champion for **that** year from any of the track, road, cyclo-cross or MTB disciplines would automatically qualify
- Welwyn apprenticeships are normally restricted to U16's but are also open to those U14 riders who also meet the qualifying criteria

Criteria for entry into Junior Academy

- Club training session attendance – summer – at least 3/6 sessions, winter – at least 3/5 sessions where one of them should be a strength & conditioning session (if this is provided elsewhere this should be proven) and in the Winter the club turbo session
- Racing at this category is primarily road based and so candidate riders should regularly road race regionally plus should have ridden in at least one National race (this may have been as a 16.2 youth rider). Riders should aspire to ride the National Road series (Junior boys or Women's). Racing in other disciplines (track, cyclo-cross, MTB) at Regional and National level would be a plus
- Hold a minimum of Cat. 3 Race Licence – youth riders coming through the Welwyn pathway would need to acquire at least one point to gain this
- Have attended RSR's or reached RSR standard (Track, Road, MTB)
- Reached the minimum BC protocol benchmark (blue) for at least two from road & track where one should be the three hour club run
- Any member currently on British Cycling's Olympic Junior Apprentice scheme would qualify automatically
- A national champion for **that** year from any of the track, road, cyclo-cross or MTB disciplines would automatically qualify

General Pathway Standards

Riders are expected to be exemplars within the club for their commitment to training; they will uphold the highest standards of behaviour and they are expected to wear Welwyn Club kit when racing and formally training.

Coaches will be looking for rider coachability and the desire to race and to follow coach led racing calendars to maximise their potential.

All pathway participants will be required to attend a quarterly review meeting of their progress, race results attendance and peer benchmarks.