

24<sup>th</sup> January 2018

Dear parent/guardian and athletes,

From Monday 5<sup>th</sup> March there will be a few changes to the timetable for some of the junior training sessions. The most significant change involves the junior cycling session moving to a Monday and the specialist endurance running sessions moving to a Tuesday. Further details of this are below.

A new timetable is attached that will take effect from MONDAY 5<sup>th</sup> MARCH.

A copy of the junior development pathway for Chorley Athletic and Triathlon Club is also attached for your reference.

### **CYCLING**

Cycling will be moving to St Michael's on a Tuesday at 6-7pm from MONDAY 5<sup>th</sup> MARCH in the small gym that can be accessed from the fire exit. Even if you are currently attending the session on a Tuesday you will need to re-confirm your place. Please see below for further details.

- **Winter training** (Sept – April)

This will involve indoor turbo training. The club have **14** available to borrow on the evening. These will be offered out firstly to those already attending the cycling session at Buckshaw School, followed by a first come first served basis to anyone who is currently racing in triathlon/cycling, followed by those who would like to take part in triathlon/cycling events.

For anyone who owns their own turbo trainer then we strongly encourage you to bring them with you for the session to give as many others the opportunity to take part.

Spaces will be limited to **30** people, therefore to reserve your space please email Steve Thomas and advise if you will need a turbo or not. If your son/daughter does not attend for three consecutive weeks then the coach will offer the turbo and/or their space to the next person on the wait list.

- **Summer training** (May- Sept)

There will be a session for beginners at the school on a Monday 6-7pm throughout the summer months which will involve the use of Astley Park (details of school closure/holidays will be given out accordingly).

For those who are more advanced then there will be the option to train at UCLAN on a Monday evening combined with Ribble Vally Junior Cycling Club (times to be announced). OR competent juniors will be able to join in with the club's senior session on a Tuesday evening at UCLAN (start time and date to be confirmed).

\*\*\* Further details on equipment etc will be sent out to those who wish to attend separately

### **SPECIALIST ENDURANCE RUNNING:**

Training for the below endurance groups that currently operate on a Monday 7-8pm, will be moving to a Tuesday 6.30-7.30pm from TUESDAY 6<sup>th</sup> MARCH at St Michael's high school.

#### **Group 1**

Coach: Richard Farron

Age group: 9+

#### **Group 2**

Coach: Stuart Kilmartin

Age group: 12+

#### **Group 3**

Coach: Katie Hewison and Ian Leigh

Age group: 12+

The coaches have agreed that the change to a Tuesday evening will enable athletes to have better recovery after racing on a weekend and it will also offer everyone the opportunity to try other disciplines and training sessions within the club. We understand that this change may not be convenient for everyone due to other commitments, therefore if you are not able to make the new session then please speak with your current coach about other training sessions available as there will still be groups to train with on a Monday evening.

### **CORE TRAINING**

This is a new training session that will take place on a Monday evening, 7-7.30pm directly after cycling.

The session is for high school aged children and will be an invite-only session for athletes who are regularly competing from the specialist endurance running groups.

If you have any further questions or queries on any of the above then please contact Katie Hewison, lead development coach.