



# Junior Cycling Program

**Aim**

To develop a Junior cycling program for children and their families to be involved in at novice and racing level.

**Membership**

All riders will need to join the club. The annual fee will be \$10

**Licences**

All riders will need to obtain a minimum of a recreational cycling licence. This will cover them for all training, recreational rides and novice racing. Helpers also need to be members of the club, licenced and have working with children cards. You may upgrade to racing at any time if you wish enter other races.

Kidz Licence U13: \$10 children born 1998 - 2001

Recreational Licence U19: \$35 born 1997 - 1992

Recreational Licence Adults: \$65

Family Recreational Licence: \$150 (2 adults and 2 children)

Racing Licences are available. Please contact the club for more information.

Please understand that due to the high risk nature of cycling we are unable to offer a free trial.

**Training**

Training will take place on Saturday mornings. Generally the senior squad train (U15 – U19) from 7am and the junior squad (minimum age grade3) 9am. Times vary from week to week so please contact the club before you commencing.

**Recommended equipment**

- Road Bike (any bike will suffice to begin)
- Helmet
- Clip on pedals
- Cycle computer that measures cadence (rpm)
- Heart rate monitor (optional)

**Recreational Rides**

Each month we will organise recreational rides on various bike paths and trails around Melbourne. We organise these as family days and prefer parents to attend these with their child.

**Contact us**

All registration enquiries to

Jo Freeman

0425 722 333

[Jo32free@yahoo.com](mailto:Jo32free@yahoo.com)