Herne Hill Youth Cycling Club www.hhycc.com

Welcome to Herne Hill Youth Cycling Club!

We are here to provide opportunities for you and other young people to cycle as a sport. You get to do lots of cycling with others of a similar age sharing similar interests!

Sessions are organised by ability and you don't need to own a bike to take part. We are accredited by British Cycling to run the highly rated and recognised "Go-Ride" schemes. We are also CTC affiliated and a Club mark club. Saturday sessions run all year (apart from 2 weeks at Christmas) at Herne Hill Stadium, Burbage Road SE24.

Saturday Session and times

Gear 1 Improvers and beyond	Saturdays 10.00–11.00am
Gear 2 Intermediate/Advanced	Saturdays 11.00–1pm

Parents of children under 8 must stay during the session.

Session content

There is a good mixture of fun and games in all sessions. We aim to develop the rider's ability and confidence and reinforce safety awareness.

All sessions include bike handling and technical skills – sometimes with competitive elements. Coaches decide when riders are ready to move into the different sessions - based on ability not age. *However you must be at least aged 8 to do the Intermediate/Advanced session.*

Remember please

- the sessions are pretty energetic so don't skip breakfast
- be in time for registration helmet and bike checks - 10 minutes before the session. Late arrival may mean you are not allowed in the session
- there is always a warm up before the session – you are not allowed to skip this
- adults may join in other sessions as helpers with coach consent
- we need volunteers to help the sessions run smoothly. Parents and carers please feel free to join in as marshals, putting out cones, doing registration, bike maintenance and of course cheering and generally encouraging all members
- to bring a drink and dress suitably including gloves
- to make sure your bike is in safe working order and wear a helmet that fits.

Costs

Annual membership costs £15
Saturday Session costs for members £2 (Gear 1) or £3 (Gear 2+).
Non–members pay an extra £2 per session.
Bike hire £1 (Gear 1) or £2 (Gear 2). Helmet hire is free. Note all areas of the stadium are a skidlid zone.

Membership

Join online at RiderHQ.com by searching for "Herne Hill Youth" under clubs, or go straight to https://www.riderhq.com/groups/hhycc/join - and make sure to join for "someone else" (your child!)

Membership benefits

- De Laune Award scheme with club and store vouchers worth from £30 to £100 pounds
- Club clothing
- Family rides out to country and purpose built MTB circuits
- Weekends away with cycling related activities
- Sports coaching in MTB and cyclo cross
- Access to bikes and equipment for racing

Coaches and helpers

Herne Hill Youth Cycling Club is run entirely by volunteers. Coaches are all British Cycling trained with full first aid certificates and lots of time to answer any questions. There are lots of helpful parents working on the bikes in the sheds and doing the register. There is always a qualified first aider to hand, and we have a Welfare Officer to oversee any issues that arise.

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Facebook

Most club news and updates is through our Facebook group. It is a closed group for privacy, please go here to join: https://www.facebook.com/groups/HerneHillYCC/

Café

The café is in the pavilion as are toilets, washing and changing rooms. Plenty of homemade cakes are available as well as hot stacks, cold drinks, coffee, tea and hot chocolate

Sunday rides out

We try to run family rides throughout the year to places such as Bedgebury Forest, Swinley Forest and popular cycle routes such as the Crab and Winkle way. These involve car or train journeys so we encourage families to ask if they need a lift, or to team up with others for a train journey. We are very keen to involve parents and carers of members in these trips and to help at sessions.

Cyclo cross, road and track

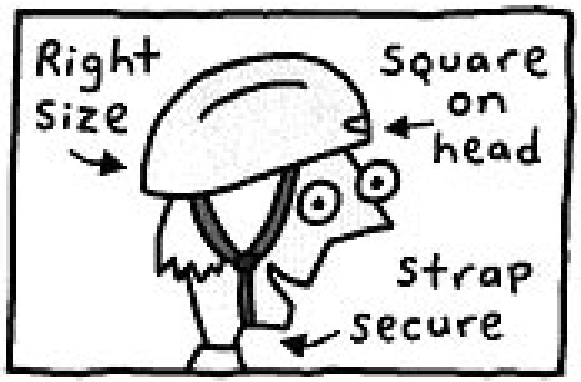
We also help riders to take part in cyclo-cross racing and have cross bikes which are available to hire for a season for members. We also have a limited number of road and track bikes we can hire out to those who want to take part in these activities at the velodrome. These cost £50 per year subject to availability. We will help you set up and you can take it home.

Other events

We have our AGM and Spring party around March/April and a great Christmas Party full of games and treats. We also take part in the annual summer velofete where a huge range of cycle related activities are arranged over 3 days at the velodrome. Our calendar of events can be found on the website.

Clothing

No special clothing is required for sessions except not really skirts or those 70's flares. However a correctly fitted helmet must be worn at all time.



Cycle gear is really worth it if you are planning to do lots of sessions. We get hot and cold so wear layers. Always wear gloves (in the winter a good thermal pair). Padded shorts are fab. Long sleeves and leggings and lots of layers are needed when it's colder. Tights or leggings under shorts work great and a gilet is for all weathers. And a waterproof - though the sun will always shine for us :)

For club kit ask the Registration team and they will show you what is in stock. We have jerseys (short and long), bib tights, skin suits, mitts and sweatshirts. Orders for particular items can be placed.

Ask any coach for advice on kit and cycle gear especially before you buy!

Mentoring and Volunteering

Volunteers are encouraged to come forward – if you are shy don't worry we will ask you. There are plenty of jobs that always need doing from regular duties to one-off tasks. We can provide a range of training and learning opportunities for young people and adults. If you wish to help us by training as a coach please do get in touch.
We endeavour to provide a supportive and inclusive environment for all young people to flourish and participate in a range of cycling activities. And whilst we are here to promote cycling as a sport we love cycling for fun and leisure. We offer a range of activities to suit all ability. Talk to us if you require additional training or coaching.

We welcome any feedback and ideas on how we can improve.

Our aim in Herne Hill Youth Cycling Club is to provide and promote opportunities for all young people to participate in cycling as a sport.

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