

CYCLO SPORTIF SKILLS SESSION
10th June 2007
AGENDA

Item	Time	Subject	Presenter
1	10.30	Welcome Ice Breaker	Pres / Vice Pres
2	10.45	Equipment Minimum requirements Bike Shoes Helmet	Steve Harcought / Gary Suckling
3	11.00	Bike Maintenance Tyre Changing Minor maintenance	Steve Harcought / Gary Suckling
4	11.30	Safety Road Rules Event Riding	WACF
5	11.45	Health & Diet	Ryan Suckling
6	12.00	LUNCH Break	
7	12.30	Bunch Riding Techniques 1 Etiquette The group pace Calling Hazards Half wheeling New entrants	Gary Suckling
8	1.00	Bunch Riding Techniques 2 Beating the Breeze Doing Turns	Gary Suckling
9	1.20	Coaching - The Benefits	Paul Williams
10	1.30	Practical Session	Gary Suckling
11	2.30	Debrief and Close	Gary Suckling CS Pres / Vice Pres