

Appendix 9 Coaching Activity

Please give details of the regular coaching activities being delivered by your club. Each of the club's structured activities such as Saturday beginners coaching or Wednesday intermediate level coaching should be described on a separate sheet.

Venue Name and Address			
Date Activity Commences		Date Activity Finishes	
Day of Activity		Time of Activity	
Any Exceptions			
Target Age Group			
Open to all ages		Under 6	
Under 8		Under 10	
Under 12		Under 14	
Under 16		Under 18	
Type of Activity			
Generic - covering all disciplines	Cyclo-Cross	Track	Mountain Biking
BMX	Cycle Speedway	Road and Time Trial	Go-Ride Gears and Activities
Level of Activities			
Beginner	Intermediate	Advanced	