

Scottish Cycling South West Newsletter November 2015

As part of the regionalisation process, a monthly update will be sent to all clubs, with important information and stories from around the region. If you have information, stories or reports that you would like shared with the region then please contact

fiona.walker@scottishcycling.org.uk

Scottish Cycling AGM

The Scottish Cycling AGM takes place this Saturday at Tollcross International Swimming Centre, 350 Wellshot Rd, Glasgow G32 7QP. Could anyone planning to attend please register their attendance using the nomination form which can be found along with the program for the day at: <https://www.britishcycling.org.uk/scotland/article/20120628-scottish-static-AGM-0?c=SX>

Event Results

The cyclocross season is now in full swing. South West riders have been travelling around Scotland picking up some great results. Lorna Sloan (Walkers CC) is currently lying in 3rd place in the Scottish Series in the vet female category and Neil Walker (Walkers CC) is leading the senior male category.

SCX results: <http://www.scottishcx.org.uk/2015-2016/>



The South West winter off-road series kicked off on the 7th November in Annan.



Report: <https://www.britishcycling.org.uk/scotland/regions/article/20151109-sc-regions-southwest-South-West-Winter-Series-Round-1-0>

Results: <https://www.britishcycling.org.uk/events/details/138821/Everholm-Cyclocross#results#results>

Stewartry Wheelers promoted round 2 on the 15th November.

Report: <https://www.britishcycling.org.uk/scotland/regions/article/20151116-sc-regions-southwest-South-West-Winter-Series-Round-2-0>

Upcoming Events

Walkers CC are hosting the Scottish Cyclocross Championships at Irvine Beach Park on the 6th December. The course has been amended from last year to include even more sand! Online entries are now closed.

<https://www.britishcycling.org.uk/events/details/134668/Irvine-Beach-Cross/Scottish-Cyclo-Cross-Championships>



The 3rd round of the South West Winter Series "Santa Cross" takes place at Ae on the 12th December: <https://www.britishcycling.org.uk/events/details/138741/Santa-Cross>

2016 Calendar Compilation

The Scottish Cycling Events Team presented the draft 2016 calendar at an open meeting in Perth on 10th November: <https://www.britishcycling.org.uk/scotland/article/20151112-Scottish-Cycling-Announces-National-Championship-Dates-for-2016-0>

If any clubs wish to organise an open event next year and have not submitted their dates yet, please let me know ASAP.



Coaching

Effective coaching is at the heart of cycling performance at every level of the sport. Whether you want to teach core bike-handling skills to future generations of riders, learn more detailed riding knowledge to benefit yourself and your local club or have aspirations to mentor Great Britain's elite, Scottish Cycling has a coaching course that will help you to achieve your goals. <https://www.britishcycling.org.uk/coaching>

Provisional South West coaching course dates for 2016:

Level 1 (Drumlanrig): 05/03/16 & 12/03/16

Level 2 (Dumfries): 16/07/16, 17/07/16 & 09/10/2016

There will be an MTB DSU at Mabie. Could any level 2 coaches who are interested please complete the poll at: <http://doodle.com/poll/qq5u4p4pg4gzvn>

Club Development Plans

The most effective and efficient road to improvement is planning. By formulating a Club Development Plan including short, medium and long term aims and objectives you will be able to prioritise club projects and associated funding and hence achieve your goals.

Producing a development plan is often perceived as an onerous task taking up valuable volunteer time. It should not be seen in this way. Rather it should be seen as a list of "to do's" which will ultimately save time and effort in progressing the club.

A good club development plan should be based on the club's current position and a realistic long term model (usually three or five years)

If any club would like help in producing a development plan, please contact fiona.walker@scottishcycling.org.uk or 0753808399