



Scottish Cycling South West Newsletter April 2016

Club development workshops

Active Advantage organise workshops to support Club Development. Each workshop is 90 minutes. There are 3 available:

- Developing your Club Philosophy
- Creating your Club Development plan
- Funding your Club

Sport Scotland organise workshops on Volunteer Management for Clubs and Supporting Coaches

If your club is interested in any of these please let me know.

Funding for clubs

- There are lots of funding opportunities for cycling clubs wishing to develop
- Local sports councils offer grants to affiliated clubs:
 - Dumfries and Galloway: <http://www.dumgal.gov.uk/index.aspx?articleid=1240>
 - East Ayrshire: <https://www.eastayrshire.gov.uk/CommunityLifeAndLeisure/SportsClubs/SportsCouncil.aspx>
 - South Ayrshire: <http://www.sayrsportsc.co.uk/>
 - North Ayrshire: <http://www.north-ayrshire.gov.uk/resident/your-community/community-funding.aspx>
- Awards for All offer lottery grants between £500 and £10000: <https://www.biglotteryfund.org.uk/global-content/programmes/scotland/awards-for-all-scotland> (cannot be used to fund UKCC coaching courses)
- Tesco Bags of Help: The money raised from the 5p bag charge in Tesco stores is being used to pay for a large number of local projects: <http://www.groundwork.org.uk/Sites/tescocommunityscheme/Pages/large-grants-tes>



Coaching

South West coaching course dates for 2016:

Level 1 (Dumfries): 08/05/16 & 15/05/16

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

MTB DSU (Mabie): 17/09/16 & 18/09/16

Full details of all Scottish coaching courses and details on how to book can be found here:

<https://www.britishcycling.org.uk/scotland/article/20160115-sc-about-Scottish-Cycling-Coaching-Calendar-0>

Scottish Cycling Mountain Bike Coach Development Sessions:

Scottish Cycling is offering MTB coaches the opportunity to develop their coaching through some dedicated coach development sessions in 2016:

<https://www.britishcycling.org.uk/scotland/article/20160308-scottish-cycling-news-Scottish-Cycling-Mountain-Bike-Coach-Development-Sessions-%E2%80%93-2016-0#ocJoi8q4Ka03F10w.99>

“How to race and win bike races” - Tactical workshops for coaches and riders

Scottish Cycling have developed three tactical workshops in 2016 for coaches and riders that will teach racing tactics.

Read more at <https://www.britishcycling.org.uk/scotland/article/20160408-scottish-cycling-news-Tactical-workshops-for-coaches-and-riders---%E2%80%93How-to-race-and-win-bike-races%E2%80%9D-0#l17qJJALhooAkdcd.99>

Advanced Tactical Techniques - Saturday 11th June

Tactical Survival Skills - Saturday 23rd July

Advanced Racing Tactics - Sunday 14th August

Sport Scotland offer a series of free CPD workshops for coaches. You can register via:

<http://www.trainingcheck.com/2nNJw3>



Event Results

- The first of the Fullarton Wheelers Summer Series 2016 took place on 24th April. Results: http://www.fullartonwheelers.com/events/files/25_results.pdf. Pictures: <https://www.facebook.com/Fullarton-Wheelers-116466651878268/?fref=ts>

Upcoming Events

- Loudoun RC are organising the Cronberry Classic TT this Saturday incorporating the first ever Scottish Cycling South West Time Trial championships. Preview: <https://www.britishcycling.org.uk/scotland/regions/article/20160426-sc-regions-southwest-Scottish-Cycling-South-West-TT-Championship--Cronberry-Classic-2016-0>
- Bill Moore Memorial TT – the second of Fullarton Wheelers Summer Series 2016 takes place on 22nd May: <https://www.britishcycling.org.uk/events/details/145480/FWCC-Bill-Moore-10-mile-TT-2016>

South West Scotland Road Series 2016

A series of 4 races:

- Sunday 15th May Dunlop Road Race
<https://www.britishcycling.org.uk/events/details/141230/Scottish-South-West-Road-Series-Rd-1---Dunlop-CC-/-Fastrider-Cycles>
- Sunday 29th May Straiton Struggle
<https://www.britishcycling.org.uk/events/details/140853/Straiton-Struggle-Road-Race>
- Sunday 7th August Wanlockhead Road Race
<https://www.britishcycling.org.uk/events/details/140803/Loudoun-Road-Club-Wanlockhead-Road-Race->
- Sunday 25th September Kilmarnock Criteriums
<https://www.britishcycling.org.uk/events/details/140620/Kilmarnock-Criterium>
- Series regulations can be found here:
https://www.britishcycling.org.uk/zuvvi/media/scottishcycling/Road_Series_rules.pdf



British Cycling Membership

Did you know that club members can get discount on British Cycling membership when joining for the first time: <https://www.britishcycling.org.uk/clubs/membership>

- ✓ Exclusive joining offer for members of British Cycling affiliated clubs (first year only)
- ✓ Liability insurance and legal support (see conditions) for training, commuting and club rides
- ✓ 10% off purchases at Halfords and Chain Reaction Cycles
- ✓ Weekly email with news, expert tips and advice, competitions and offers

Club Management Tool

All affiliated clubs have access to the British Cycling club management tool. This allows them to set up a free club website, manage club membership (including online payments), send newsletters to members and have a calendar of activities. Read more at:

<https://www.britishcycling.org.uk/clubs/article/20120607-club-static-Introducing---Club-Management-Tool-0>

Education

Racing in the South West cannot happen without trained race officials. Scottish Cycling are hoping to organise commissaire training later this year. If you are interested please contact:

ashley.chesham@scottishcycling.org.uk

Club Forums

There will be 4 club forums a year where clubs can meet the regional development group, find out what has been going on in the region and share ideas. Thanks to everyone who took the time to complete the Doodle poll. The most popular topic was nutrition so this will be the theme for the first forum. Watch this space!

If you have information, stories or reports that you would like shared with the region then please contact fiona.walker@scottishcycling.org.uk Deadline for submission for April newsletter is Monday 25th April.