

www.thetrax.co.uk

The Junior Trax Cycle Course

The Junior Trax Cycling Club of Lordship Rec, Tottenham are pleased to announce a 5 week FREE Off Road Skills Course for 10 – 16 year olds living locally in Tottenham.

The course consists of 5 free skills sessions in the Rec running every Saturday morning from the 6th Feb to the 6th March. Each session starts at 10am and finishes at 1pm. The course is open for riders off all abilities.

You will learn practical bike maintenance skills and off road cycling techniques like good body position, braking, cornering, how to lift your front and back wheel as well as bunny hop over objects. There will also be fun group activities and races. At the end you will receive a course certificate.

The course is run in by top skills coaches from Firecrest MTB in conjunction with The Trax club and the funding is made possible by the Mayor's [Play Sport London](#) programme.

To apply and for more details please contact Daniel Mintz on 07990577206
daniel.mintz@ibikeride.com

All riders will need a filled in booking and parental consent form signed to attend the course. Places are limited so once we receive the form we can confirm attendance. Helmets are mandatory but can be supplied (please inform us if you need one).

Dates & times:	Where:	How much?	To Book
Saturdays 10-1pm 6th Feb 13th Feb 20th Feb 27th Feb 6th March	@hut by the new kids playground in the Lordship Rec Grounds, Lordship Lane, Tottenham	FREE	A completed booking and signed parental consent is required. Please return to: Daniel Mintz Flat 3, 42 Mayfield Road, London, N8 9LP If not accompanied with this leaflet please contact daniel.mintz@ibikeride.com 07990577206

Getting to the hut in Lordship Rec:

The Hut is by the new kids playground and little lake towards the centre of Lordship Rec.



The Rec is bordered by Lordship Lane, Walpole Road, Higham Road, Adams Road and Downhills Park Road in Tottenham.

The Nearest Tubes:

Wood Green and Turnpike Lane (Piccadilly Line)

Seven Sisters (Victoria Line)

It is approx 15-20 min walk from all these stations.

Buses

243 can be taken going into London from Wood Green Tube or towards Wood Green from Seven Sisters to the Lordship Lane Gate of Lordship Rec.

123 Can be taken going East from Wood Green Tube and Turnpike Lane or towards Wood Green from Seven Sisters to the Lordship Lane Gate of Lordship Rec.

W4 Can be taken from Turnpike Lane or Wood Green or from Tottenham High Road to the Higham Road or Downhills Park Road Gates of Lordship Rec.

FAQ's

Who runs the course?

* The course is offered and hosted by The Trax Off Road cycling club of Lordship Rec working with two experienced coaches from an organisation called Firecrest MTB and two to three coaching assistants from The Trax club directly.

Are the coaches qualified?

* The coaches are Ian Warby and John Holbrook who are both both CTC and first aid qualified. These coaches will be supported by three coaching assistants from the Trax club i.e. Mario Schmoltzi, Lucy Nandris and Oliver Bergassi

What do we do on the course?

*Sessions are customised to the riders attending the course and a typical session will involve an introduction followed by a bike maintenance check to get your bike in top condition and pass on

some core maintenance skills. Then a series of skills sessions would take place like front and rear wheel lifts as well as bunnyhops, braking, trackstands and cornering at speed. There will also be quite a few fun races. The day will use the sections of the existing dirt BMX track, the field and hopefully the skate park. The course will build skills and confidence for off road cycling and is aimed as a fun group activity based course.

Is there a child protection policy in place?

* Yes as a British Cycling Affiliated club we adhere to the British Cycling child protection policy and all Firecrest coaches are CRB checked with their own child protection policy.

How many can attend the course?

* Approximately 18 riders can enrol on the course. A maximum of 6 students to each coach / coaching assistant. Hurry and apply.

Are riders of all abilities welcome?

* Yes the course is accessible to all riders between 10 and 16 years of age including riders with disabilities

Do I have to attend all 5 sessions?

* No you can attend as many courses as you wish. Though to get the best from the course it is recommended to attend all 5 but this is not necessary.

What do I do to apply?

* Contact Daniel Mintz the chairperson of The Trax. Email him on daniel.mintz@ibikeride.com or call him on 07990577206 and he will email you or mail you a registration form and answer any questions you have.

How much is the course?

* The course is made possible by a grant from Play Sport London. The course is free.

What if the course is full?

* We will add your name to the waiting list and call you if a place comes up? We will also keep you informed of any future sessions and activities (already in the planning).

What do I need to bring?

* Your bike. Helmets are mandatory. Gloves, drink and snack recommended

- What if I don't own a bike or helmet?

* No promises but please still contact us and we will look to see if we can supply the equipment for the duration of the course sessions.

Any more questions just ask daniel.mintz@ibikeride.com 07990577206 www.thetrax.co.uk