



## **Glasgow Rider AGM Jan 2020 - Head Coach update.**

I'd firstly like to say I'm very grateful for the welcome and support everyone has given me in the role of Head Coach. I see the title 'Head Coach' as a bit misleading as I'm doing Development work as much as coaching and there is plenty of exciting Development that will be happening over the next few years. We're very focused on getting more Riderz into racing, but we also want to develop the social side of the club. These two aims are completely dependent: you only need to go to a race to witness the riders making friends and having fun when they're not racing and this keeps them enjoying the sport for longer – hopefully for life. It's a fantastic social scene and something I discuss further on.

A summary of the proposed development is as follow:

### **Venues**

We will be spreading out across the city in future, starting new satellite sessions to bring new riderz from across Glasgow into the Club. We will be recruiting new young riders to these venues, to bring new parent helpers and potential coaches into the club. This will enable more kids and youths to access cycle coaching locally.

We will also be exploring other venues from which to coach our Saturday sessions.

### **Discipline-specific coaching blocks**

We are going to move our Saturday sessions towards a format based on seasonal disciplines, so initially we'll focus on MTB to coincide with the SXC mountain bike race series that Riderz volunteer coaches deliver across Scotland, and our very popular Parklife series. After Easter we will switch to road and track focused sessions, then more MTB opportunities, and finally to cyclocross in August.

Please help us to make these changes work by organising lift shares so that split venues for Saturday sessions don't cause problems for those with children at both. Initially this will be for covering our Saturday sessions for MTB, starting Feb 15 (earlier start this year), that will be at Bellahouston for Groups 1–5 but at Cathkin Braes for Groups 6, 7 and 8.

We will continue to develop our track and BMX sessions this year. Monday night BMX sessions will increase capacity in April, by moving to a two-hour format, the first hour for

beginners, the latter for more advanced riderz.

We have just started velodrome infield-based roller sessions during Tuesday's track sessions. These will develop our riderz' fitness, skills and social connections and provide a good back-up session when bad weather forces cancellations of outdoor sessions. Please encourage your children to give them a try.

**Recruiting coaches:** We will be doing everything we can to recruit lots of new helpers and coaches. If you've not volunteered, please please do so. Our club is growing, cycling is booming and it's not an understatement to say that cycling is vital for Glasgow to become a better city. The club's core ethos is to give more children a life-long love for cycling – it's good for them and for the planet. Please give some time to this cause, even if it's baking cakes for our events, seeking out new forms of funding or volunteering to marshal at our races. Ultimately it's down to new recruits to replenish those that often move on as their children grow up.

Along this line; we are delighted that we were successful in getting funding for some of those grown up riderz to start their coaching journey with us! Six candidates will be doing their qualifications this year and they will be great role models for us.

Finally back to the important social side of the club. We'd be very keen to here from anyone who'd like to start organising some social events in our calendar. We could have a lead and others to support, or we could have shared responsibility. We'd also be keen to hear from anyone who knows how to access interesting venues on the cheap – to keep down costs. My first proposal is to host a BBQ on a Sunday, prior to, and at the venue of, the first SXC in the calendar, Beecraigs Country Park. More details to follow on FB.

Simon Fagan