



# J Cycle Program

8 week program for children 7 years and above to teach the skills necessary to compete in track cycling

## Sunday 21st October - Sunday 16 December

(no training Sunday 4th November due to Bendigo Bank Fun Run)

**COACHING** - coaching for the J Cycles program is provided by Noel Sens. Noel is a reknown para-cyclist who has won 16 National Championships and Captained the 2000 Sydney Paralympic Games Cycling Team. Noel is supported in the program with other club coaches and club members.

**EQUIPMENT** - Bikes will be provided to new first year attendees to be used and housed at the Bendigo Cycling Club track. Those who have attended previously are welcome but will need to supply their own bike. Helmet must be provided by each participant which is in good order and is clearly identified as approved with Australian Standard sticker.

**REQUIREMENTS** - All participants will be required to pre-purchase a Cycling Australia Licence for 6 or 12 months before the junior is allowed on the track \$57 to \$118 depending on age....[membership.cycling.org.au](http://membership.cycling.org.au)

**PARENTS** - there must be a parent present at all training sessions for the duration and provide assistance as necessary

**REGISTRATION** - Registration is at the first session on Sunday 21st October from 9:30am-10:00am.

All enquiries to Noel Sens: 0488 435 130  
Noel is an accredited Level 2 Cycling Coach  
and Paralympian