

## Summer Coaching Course Mornings.



- Dear Comet Parent, I have finalized the programme for the coming weeks summer holiday coaching courses below. ▪
- **The number of places will be limited per session depending on coach availability.**
- A variety of venues (to be confirmed)
- Mondays & Thursday morning, two and a half hour blocks throughout the Summer weeks.
- The cost for Comet juniors is £12. For non members the cost will be £15.
- We've keep it to a minimum bearing in mind the number children we may get and the number of coaches we require.
- Groups will be kept small and streamed into ability
- Our intention was to build swim, run & bike sessions but with the emphasis mainly on the bike.
- A great way to develop skills at the safe venues we've chosen.
- We are also doing a mornings bike maintenance covering all the necessary points a youngster should know on "how to" with their bikes.
- I'm keen to develop their bike skills so they become fast riders. Triathlon is often won on the bike.
- Please let me know dates you want to do as soon as possible.
- When you book your child for chosen dates that place will be held on a first come first served basis.
- Payment to be made on booking to hold a specific day and there will be no refunds. Changing days without further payment is possible as long as there is space available.
- **All participants must carry a spare inner tube, tyre levers and a pump with the correct connector for their valve type and a bike lock!**
- Appropriate clothing including, helmet (compulsory), gloves, glasses optional, and running shoes.
- PLEASE RETURN FILLED IN AS SOON AS POSSIBLE SO AS NOT TO BE DISSAPOINTED.

# Summer Coaching Course Mornings

## July 2015

~ July 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	<b>13 BIKE - ONLY</b> <b>Bushy Park</b> 9.30 – 12.00 p.m Meet: Teddington Cricket Club car park	14	15	<b>16 BIKE - RUN</b> <b>Richmond park</b> 9.30 -12.00a.m. Meet: Pen Ponds car park	17	18
19	<b>20 SWIM - BIKE</b> <b>Hampton Pool</b> 9.30 – 12.00 p.m Meet: Hampton Pool car park	21	22	<b>23 BIKE - RUN</b> <b>Richmond park</b> 9.30 -12.00a.m. Meet: Pen Ponds car park	24	<b>25 Notes:</b> Some sessions may vary on the time table depending on weather
26	<b>27 BIKE - ONLY</b> <b>Bushy Park</b> 9.30 – 12.00 p.m Meet: Teddington Cricket Club car park	28	29	<b>30 BIKE - RUN</b> <b>Hillingdon</b> 9.30 – 12.00 p.m Meet: Hillingdon Cycle Circuit outside club house	31	<b>Notes:</b> We may put in another bike maintenance depending on demand

# August 2015

~ August 2015 ~						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	<b>3 BIKE MAINTENANCE + BIKE Bushy Park</b> 9.30a.m – 12.00p.m Meet: Teddington Cricket Club car park	4	5	<b>6 BIKE - RUN Richmond park</b> 9.30a.m -12.00p.m. Meet: Pen Ponds car park	7	8
9	<b>10 SWIM - BIKE Hampton Pool</b> 9.30a.m. – 12.00 p.m Meet: Hampton Pool car park	11	12	<b>13 BIKE - RUN Bushy Park</b> 9.30a.m – 12.00p.m Meet: Teddington Cricket Club car park	14	15
16	<b>17 BIKE - RUN Richmond park</b> 9.30a.m -12.00p.m. Meet: Pen Ponds car park	18	19	<b>20 BIKE - RUN Hillingdon</b> 9.30a.m – 12.00p.m Meet: Hillingdon Cycle Circuit outside club house	21	22
23	<b>24 SWIM – RUN Treasure Hunt Hampton Pool</b> 9.30a.m. – 12.00 p.m Meet: Hampton Pool car park	25	26	<b>27 BIKE - RUN Nature Study Bushy Park</b> 9.30a.m 12.00p.m Meet: Teddington Cricket Club car park	28	29
30	<b>31 Bank Holiday no session</b>	<b>Notes: Some sessions may vary on the time table depending on weather</b> <b>We may put in another bike maintenance depending on demand</b>				