



## Welcome to Lincsquad Youth Academy

### **We are really pleased you have decided to join Lincsquad**

The object of the Youth Academy is to promote and encourage quadrathlon, multisports and cycling disciplines by:

- Providing an environment in which young people can meet to get involved in new sporting activities;
- Helping young people to achieve goals;
- Teaching new techniques and tactics;
- Helping young people to improve their skills;
- Enabling young people to train for and compete in competitive events;
- Organising regular coaching/training sessions;
- Providing access to specialist advice, equipment and facilities;
- Developing membership of the Youth Academy;
- Organising social events to benefit the Youth Academy and encourage an atmosphere in which young people of similar ideas and interests can meet to discuss any aspect of sport.

We welcome contributions and ideas from all participants and parents to help us to continue to develop the Youth Academy.

We maintain strong links with the Adult Section of Lincsquad and are represented on the Committee by the Chairperson.



# LINGSQUAD

## Youth Academy Training Sessions (correct Jan 2019)

We operate a pre-booking system for all our sessions. Registration links are emailed out to members each week.

### **Cycling – Quibell Park, Scunthorpe Saturday 10am – 11.30am**

Please note that the cycling sessions for the autumn and winter months are grass sessions focusing on cyclocross and mountain bike skills, we usually run the first part of the session on the grassed areas and then move into the woods to look at applying what we've just been looking at. Track sessions return to the Velodrome in the spring (weather permitting).

### **Swimming – The Pods Scunthorpe Sunday 4pm – 5pm**

Please arrive by 3.50pm to register and be poolside by 4.00pm.

*Restrictions apply*, to take part in our swim sessions you must be able to demonstrate that you can swim at least 50 meters without stopping, touching the side or bottom of the pool in a recognised front stroke to the satisfaction of our coaches. Age restrictions also apply.

### **Running – Quibell Park, Scunthorpe Monday 6.30pm – 7.30pm**

This is a full club session run with the adult members also on the athletics track. There may be a road run session some weeks, any youth members wishing to take part in the road sessions must be accompanied by an adult and at the agreement of the coach responsible for the session. Age restrictions apply.

### **Membership cards**

These can be printed by each member from RiderHQ or requested from our Membership secretary.

**Please bring your membership card to each session so the coaches know you are onsite and we have your emergency contact details. No card, No session**

### **Swimming – Ancholme Leisure Centre Tuesday 8pm – 9pm**

These sessions offer coached and non-coached swimming and are mixed with adult members. Any youth member under 18 should be supervised by an adult, who is taking responsibility for their health and safety, i.e. Parent or guardian role.

### **Running – Venues vary Wednesday 6:30pm**

The venue will be fluid so ensure you always check the start location on RiderHQ. Please arrive at 6.15pm for 6.30pm start.

These sessions are 'non-coached' but will be coordinated via our coaches. They will have 2 to 3 distances set for the session and be suitable for all abilities. Any youth member under 18 should be supervised by an adult, who is taking responsibility for their health and safety.

### **Coached Session General Information**

The minimum age for both running and swimming is **8 years of age** by the 31st of December, this is to ensure that we comply with the insurance requirements of British Triathlon.

### **Booking Cancellations**

Cancellations of a place 48 hours or more before the session start time will entitle the member to a full refund. Cancelling up to 24 hours before the session takes place, will allow the member to transfer their booking onto another club session. Members cancelling less than 24 hours before the session will not be entitled to any refund or transfer.





## Useful Information

### Website

The Youth Academy has a section on the main club's website. Links to training information and the framework we deliver training against are held here alongside event details plus external links to British Triathlon and British Cycling. To view please click on the link:

<http://www.lincsquad.co.uk/youth-academy/>

### Forum

The forum is also a good place to keep up to date with all the news from the Club. This is a member only area. Click on the link to access, as a new member please follow the instructions to register.

<http://www.lincsquad.co.uk/forum/index.php>

### Facebook

You may have already come across the clubs facebook page but just in case search for Lincsquad.

### Club Coaches

All the Club Coaches have coaching qualifications from British Triathlon Association and/or British Cycling and must follow the Code of Conduct from their governing body.

Our coaches are supported by many others who have roles in the club – this includes parent helpers at training, registration along with youth members undertaking their Cycling Awards for Young Volunteers (CAYV) through British Cycling – for more information talk to our Membership Secretary.

All coaches and those who take any roles within the Club are volunteers and give up their own time to further the development of the Youth Academy and Club. New volunteers are always welcomed and needed. If you and /or your family/friends can help support us in any way please have a chat to one of the Committee members or coaches who will point you in the right direction.

## Youth Academy Contacts

Chairperson - Nigel Smaller  
[youthchair@lincsquad.co.uk](mailto:youthchair@lincsquad.co.uk)

Membership Secretary – Emma Riby  
[membership@lincsquad.co.uk](mailto:membership@lincsquad.co.uk)

Club Coaching Secretary - Catherine Butterill  
[coaching@lincsquad.co.uk](mailto:coaching@lincsquad.co.uk)

Go Ride Information - Amanda Clements  
[youthevents@lincsquad.co.uk](mailto:youthevents@lincsquad.co.uk)

### Club Welfare Officer Emma Riby.

If any youth members or any parents or adults have a welfare issue that they would like to discuss with who has the necessary skills to help or indeed just someone other than a coach, then please get in touch with Emma. Her e-mail is [welfare@lincsquad.co.uk](mailto:welfare@lincsquad.co.uk) and phone number 07919 598 608.

