

Western Centre Trials Youth Development Squad - Programme 2012

The Youth Development Squad (YDS) will be managed by a Youth Development Officer (YDO), a role filled by nominated and voted in members of the Western Centre ACU. YDO to run the Western Centre youth team entry into the Inter Centre team trial.

Riders must be of youth status, able to ride for the Western Centre team in the Inter Centre Team trial and apply for a position in the programme by completing the application form on www.westerncentre.org.uk. Places in the squad are limited to 10 riders and if more than 10 apply a decision will be made based on the application completed. If you have any question please contact Simon Welch (Youth Development Officer) on 07855772189 or simonwelch175@aol.com

Applications for the squad will close on 20/1/2011

Aims:

- To support youth riders to reach the standard to compete at adult national level
- To maintain youth participation through youth C-A classes
- Youth to develop a wider understanding of trials

Suggested Activity Blue = Optional components	Description/Objective
Performance diary	<ul style="list-style-type: none">• YDS members to keep a brief progress diary of performance, training, etc. Diary to be brought to YDS events/activities. Details of information required to be provided and reviewed by YDO• Provide YDS members with a review of progress and identify areas of further development
2 x youth development days	<ul style="list-style-type: none">• Training days with ACU registered coaches at a variety of venues• Review progress diary• Train as a team

YDS run trial	<ul style="list-style-type: none"> • YDS members to work as a team to set up and observe an open trial (under a Western Centre Club) • YDS members will develop a greater understanding of the different aspects and roles involved in running a trial • Reinforce the importance of 'putting back into the sport' • Profit to be put back into YDS
2x fitness analysis and advice (evening activity)	<ul style="list-style-type: none"> • Fitness performance analysis provided by staff/students at the National Star College at the beginning and end of the year • Identify areas of fitness to work on • Opportunity to train together as a squad
2 x training days	<ul style="list-style-type: none"> • YDS members to join two existing training days run by Western Centre clubs • Provides an opportunity to be trained by a range of ACU coaches
Inter Centre Team Trial	<ul style="list-style-type: none"> • YDS riders to form part or all of Western Centre ICTT youth team.
1 day Cyclo-trials/mtb training/technique	<ul style="list-style-type: none"> • Opportunity to develop training techniques • Team building activity
Buddying system	<ul style="list-style-type: none"> • YDS to have identified buddies (existing experienced riders) at non championship rounds when they move up a course
Suggested trials to ride	<ul style="list-style-type: none"> • Key trials to support development, widening experience and motivation identified to ride (e.g. JHTT, Mid-Wales Forest Trophy trial, Western Centre Champ rounds)
National trials visits	<ul style="list-style-type: none"> • Suggested National Trials to visit to widen experience and motivation for the step into national competitions (supported where possible)
National trial marshalling	<ul style="list-style-type: none"> • Where appropriate YDS members to support any local or national events • YDS members will develop a greater understanding of the different aspects and roles involved in running a trial • Reinforce the importance of 'putting back into the sport'