

ASTLEY & TYLDESLEY CYCLING CLUB – RIDER SKILLS ACCREDITATION

Name _____

| <u>No.</u> | <u>Level 1 – Basic Skills/ Techniques</u> | <u>Date Completed</u> | <u>Coach Verification</u> |
|------------|---|-----------------------|---------------------------|
| 1 | Cornering | _____ | _____ |
| 2 | Pedalling | _____ | _____ |
| 3 | Positioning at Start | _____ | _____ |
| 4 | Starting | _____ | _____ |
| 5 | Picking up | _____ | _____ |
| 6 | Switching | _____ | _____ |
| 7 | Trapping | _____ | _____ |
| 8 | Blocking | _____ | _____ |
| 9 | Elbowing | _____ | _____ |
| 10 | Powering Round | _____ | _____ |
| 11 | Diving | _____ | _____ |
| 12 | Maintaining Position | _____ | _____ |
| 13 | Shielding Partner | _____ | _____ |
| 14 | Pre-season – Stamina | _____ | _____ |
| 15 | Pre-season – Fartlek | _____ | _____ |
| 16 | Interval | _____ | _____ |
| | Level 1 Accreditation Completed | _____ | _____ |

ASTLEY & TYLDESLEY CYCLING CLUB – RIDER SKILLS ACCREDITATION

Name _____

| <u>No.</u> | <u>Level 2 – Racing Tactics/ Tech</u> | <u>Date Completed</u> | <u>Coach Verification</u> |
|------------|---|-----------------------|---------------------------|
| 17 | Small Track Practice | _____ | _____ |
| 18 | Large Track Practice | _____ | _____ |
| 19 | 100m Sprinting | _____ | _____ |
| 20 | Reactive Switching | _____ | _____ |
| 21 | 1 st Bend Tactics – Attacking from Grid 2 | _____ | _____ |
| 22 | 1 st Bend Tactics – Attacking from Grids 3 or 4 | _____ | _____ |
| 23 | 1 st Bend Tactics – Cutting Back from an Outside Grid | _____ | _____ |
| 24 | 1 st Bend Tactics – Defensive | _____ | _____ |
| 25 | Looking | _____ | _____ |
| 26 | Flicking | _____ | _____ |
| 27 | Attacking Opponent – Solo | _____ | _____ |
| 28 | Attacking Opponent – In Pairs | _____ | _____ |
| 29 | Controlled Sliding (Defensive) | _____ | _____ |
| 30 | Controlled Sliding (Offensive) | _____ | _____ |
| | Level 2 Accreditation Completed | _____ | _____ |