

Preston Park Velodrome and Preston Park Youth Cycling club.

Preston Park Youth Cycling Club (PPYCC) was founded in 1998, and uses the Preston Park Velodrome to meet weekly for coaching sessions for riders aged 7-18. The club has seen a continued growth throughout the years, and has an active British Cycling membership of 204 riders, with 104 riders currently taking part in regular coached activities throughout the main season from March-October. Riders come from the Brighton and Hove area, as well as surrounding areas within both East and West Sussex.

PPYCC is organised and run by a number of dedicated volunteers, including 2 Level 3 coaches and 6 Level 2 coaches, with 3 further volunteers working towards a Level 2 coaching certificate. Other volunteers also provide coaching, organisational, mechanical, financial management and fund raising skills to benefit the club. The club's volunteers come from a wide variety of backgrounds, and together have become an enthusiastic and cohesive team, committed to providing a fun, educational, supportive and safe cycling club to the Brighton and wider Sussex communities.

PPYCC gives children and young people the opportunity to enjoy cycling, whilst introducing them to new skills and experiences, and allows riders the support to follow their cycling aspirations. Saturday club sessions at the velodrome run from the first week of March until the last week of October every year, and focus on providing coaching skills and fun for younger riders, and training and development of racing skills for the older riders throughout a 3 hour session.

Many members and volunteers of PPYCC regularly take part in the summer (April-August) Track League at Preston Park Velodrome organised by Sussex Cycle Race League (SCRL), and riders also develop their track skills attending a once weekly training session at the Velodrome, which runs concurrently with the League schedule.

Since it was established in 2000, SCRL has continued to provide a platform for children to experience and extend their participation in competitive track cycling. This year in the Track League, PPYCC riders hold overall Bronze in Youth E, Gold in Youth D, Silver and Bronze in Youth C, Silver in Youth B, and Gold, Silver and Bronze in Youth A categories!

Past PPYCC members have continued to regional, national and international acclaim within track and road racing, and current members continue to ride for PPYCC both regionally and nationally at indoor and outdoor track events throughout the season. PPYCC members' experiences gained at the Velodrome have allowed them to be nominated for, and ride in, British Cycling RSR's in track and road disciplines, helping to develop the riders for the future.

PPYCC are also very proud to promote and run the PPYCC Youth Omnium, as one of three competitions in the South East Region of the National Youth Omnium Series, from which the top 5 riders attend the National Youth Omnium. This year PPYCC had one rider who represented the club at the National Youth Omnium, reaching a fantastic 10th place. A PPYCC member also holds both this year's BSCA Hill and Track Championships. **Please remind me of any other distinctions I've forgotten!**

Throughout this year's season, over a period of 35 weeks, PPYCC has run 28 out of 35 sessions at the Velodrome with a consistent average member participation of 45-55 riders each week, with 15 volunteers sharing the cumulative 84 hours of coaching and

organisational responsibilities of each session. The volunteers' time at the track this season amounts to approximately 840-900 man hours.

When calculating volunteers' coaching time in monetary terms, British Cycling suggest a figure of £10/hour. Therefore the total amount for coaching this season at PPYCC, including all Velodrome and other Saturday coaching activities (below) could be estimated at £8,400-£10,500.

Saturdays during the season have also allowed time for the club to attend a coached session at Lee Valley Velodrome, visit the Tour de France in Yorkshire and race on the Tour of Britain Stage finish line.

PPYCC's committee members, coaches and riders strongly support the prompt and effective repairs needed to ensure that riders of all abilities can continue their participation in, and enjoyment of, all competitive and non-competitive track and road cycling now and in the future.