



Welsh Cycling update

Ruthin AGM

Ruthin Velodrome

- 333m track (proposed)
- Ysgol Brynhyfryd will be the location.
- Currently finalising finances post covid – nearly there hopefully!





Welsh Cycling's priorities:

Aims:

- Growing the sport from the grassroots.
- Priority on u18 riders and improving diversity in the sport.

Making it happen:

- Ready set ride, Skills award (new), Cycling for Schools, Go-Ride, limitless project, and the safeguarding action plan.
- Helping clubs to support their young riders and **create passions in the Sport.**

What I would love to see for Ruthin CC

- Family riding – great steppingstone to introduce the sport to young riders.
- Ruthin CC being the main club associated with Ruthin Velodrome



Benefits of having Young people in the club

- Beneficial for overall development for our young people.
- Family time and community feel.
- Gives young people an opportunity to ride their bike more and grow/safeguard the future of the sport



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Participation in Organized Sports and Self-Organized Physical Activity: Associations with Developmental Factors

by Nora Wiium 1,* and Reidar Säfvenbom 2

1 Department of Psychosocial Science, Faculty of Psychology, University of Bergen, Christies gate 12, 5020 Bergen, Norway
2 Department of Physical Education, Norwegian School of Sport Sciences, Sognsveien 220, 0806 Oslo, Norway
* Author to whom correspondence should be addressed.

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Getting the ball rolling.

What is needed to start?

- Nominated welfare officer – enhanced BC DBS check and 3-hour workshop.
- Minimum of level 1 coach (DBS and first aid)
- Most importantly – Young Riders!

What can we do to help?

- Funding – training shouldn't cost the club
- Free British Cycling memberships to u18's when a club sets up as a Go-Ride club.
- 7x free silver BC memberships for volunteers.

