



Killarney Cycling Club Youth Academy

The Youth Academy aims to educate the youth of the greater Killarney area on cycling safety and awareness. We have a number of different groups where knowledge is gained while prioritising enjoyment and safety. Those interested in racing can partake in the county league underage races and open underage races throughout the country (this is not a requirement!).

1. Sprocket Rocket

Usually run from October, for 12 weeks up to Christmas, limited places available and are filled on a first come first served basis. Sprocket Rocket focuses on four basic cycling techniques: Balance, Braking, Cornering and Pedalling. The young rider is brought through three progressions in each of these skills. From the Sprocket Rocket youth can progress to our youth road groups.

2. Beginners

This is our group for new youth cyclists and here we teach them how to cycle safely in a group and the basic skills to cycle safely on the road. The aim here is skill improvement and safety awareness; however, you will see an increase in speed usually starting at 15km/h increasing over the year to 25km/h. The speed development is self-driven by the youth's as a group. Our focus is fun as we want everyone to continue cycling as they get older and enter adulthood.

3. Intermediate

Youth progress to this group as they develop and their skills and their speed improves. Here we start to introduce more structured spins and workouts. Again the aim here is skill improvement, safety awareness and enjoyment. Over the year we will see the speed increase from 25km/h to almost 30km/h. Again this is self-driven and developed as a group, over the course of the year.

4. Advanced

This group includes our older youth members, usually U16 & Juniors or anyone with capability and skills to cycle at this level. These spins are structured and aimed more

at performance improvement, as at this stage all bike and safety skills will be second nature. The average speed can vary from 30km/h to 38km/h depending on terrain and the training planned for the day.

Parents

With safety at the forefront, parents are encouraged to become involved. Each group will need cars and drivers, to support them with their coaches to cycle in safety. Parents are also encouraged to get involved by cycling with their child's training group. It is a great opportunity for parents to have an active role in their child's cycling progress at underage level and benefit from being part of the Killarney Cycling Club Youth Academy family. Coaching and training is organised for those parents that are interested.

Contact

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