



Junior/ Novice Session @ DISC

Blackburn Cycling Club has a standing booking at DISC on Friday evenings for Junior and Novice training. Sessions are run by JETS Co-ordinators Richard Stringer & Paul Parlevliet. All Cycling Australia/CSV members with racing licences are welcome to participate. Should you wish to attend training feel free to drop in, or contact the co-ordinators, below.

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| Session time: | Arrive 6pm, for 6.30 start. Finish 8.30pm. |
| Venue | Joe Ciavola Velodrome, Darebin International Sports Centre (DISC) 281 Darebin Rd, Thornbury. |
| Programs: | Up to 4 groups are run on the night <ul style="list-style-type: none"> • Novice Juniors • Novice Masters • Intermediate Juniors • Intermediate Masters |
| Cost: | \$15 BBN Members \$20 non-BBN members \$5 discount for additional family members |
| Training Program: | Includes group warm-up/cool downs, pace-line riding, flying 200's & sprint training, pacing, periodic Individual and Team Pursuit, Team Sprints and Time Trials. Activities are targeted to level of riders present. |
| Contact: | Email jets@bbn.org.au Richard Stringer 0425 352 745 Paul Parlevliet 0411 076 285 |

Please refer to www.bbn.org.au to check if training is cancelled or if other events are scheduled.