

## A brief introduction to RSRs by John Scripps

### A regional school of Racing (RSR) is;

- A regular session for last year youth B and Youth A riders.
- Riders attending are those that are riding regional and national competition, and those that are the best riders from clubs in the region.
- Riders are nominated to attend by nominating clubs, and invited by myself.
- Sessions will cover skills and content relevant to national and regional competition.
- Club coaches are welcome to attend sessions, to either have an active involvement in delivery, or to watch the session being delivered by Talent Development coaches.
- Talent Development Coaches will supply session plans for each RSR to club coaches for use in club activities.
- They are a key development tool to any coach regardless of whether they are new to coaching, or an experienced coach wishing to refresh coaching ideas.

### An explanation on how to use the spreadsheet;

- The left hand side of the sheet simply highlights dates, location, and which region the RSR is for. For many coaches, this is all the information you will need. If you wish to attend any of the RSRs in the planner, please drop me a line and let me know, so I can put your name down on the signing on sheet. Coaches from either region can attend any RSR if they wish (regardless of region). Riders should attend the RSR where they live.
- The right hand side of the sheet highlights the dates that nominations open, when they close, and when details are sent to riders. This is for reference for nominating clubs to ensure nominations are given to me at the correct time. A reminder email is also sent out on these dates. For nominating clubs, please ensure that you reply to nominations if you have riders available or not, as this helps me greatly to know how many places I have available.

### Rider eligibility

As always, the RSRs do not just look at on the bike skills, but also how the riders organise themselves throughout the day in terms of being ready on time, application to the session objectives, eating and drinking regularly, and self responsibility. We hope that the riders take this away as a key part of the learning objectives as well as the session content.

As we are entering into a new intake for RSRs, riders eligible for RSRs are as follows;

- Must be BC Member
- Born 1998, 1997 or 1996
- Impressive performances at races
- Ability to soak up speed & volume of coaching sessions
- Application to tasks & coachability
- Headroom for improvement, How much can they improve? How far can they go?
- Motivation – Do they want to be a bike racer?

### Pre-requisites for RSRs

As well as eligibility to RSRs, we would like the riders to have the following skills before they come to the sessions. Having these skills will mean they get more from the sessions. As you'll see from the spreadsheet each session and workshop covers specific objectives, so this is an opportunity to give the riders some sessions to do at home or in club sessions so they come into the RSRs well

prepared.

The pre-requisites for **Track RSRs** are as follows;

- Should be able to ride a 250m indoor track - There are many opportunities to get this experience, including DHL sprint schools, Newport Icebreaker Races and drop in coaching sessions, as well as other club sessions. We can help point riders in the right direction.
- Be able to ride Tri-Bars - This forms a huge basis for RSR2, our Team Pursuit session, if riders do not own tri-bars please encourage them to at least borrow a set, and they can practice riding them in roller sessions at home or on an outdoor track where possible. The positioning workshop is deliberately in RSR1 so riders have some preparation for RSR2.
- Be able to confidently ride the rollers - An essential tool for any rider progressing in the sport, please encourage riders to borrow a set if they don't have them, and spend some time on them so they are comfortable doing efforts.

These pre-requisites aren't barriers to limit the riders we have attending the sessions, and we hope they give you some guidance as to what the riders need leading up to them. We have a month until the first RSR and I am as always available to support you in achieving these pre-requisites. As well as this, if you have riders that you feel fit the criteria for RSRs, but don't have the track experience, I'm happy to discuss how they can progress. Please let me know if you'd like me to help.

## Coaches

As always, RSRs are not just for the riders. Coaches are very welcome to come along to the sessions and take away new ideas or re-affirm the knowledge you have to use in club sessions. If you do plan to come along, please let me know.