

CLUB  
MARK



# Happy Valentines Day

## Final Month of Indoor Training before its back to the shale

First off, may i thank all the Eastenders for making myself and family feel part of the club.

Over the last couple of months I've watched all riders and have thought about how training should develop during the next twelve months. We are in the lucky position of starting the new race-season with a high level of fitness, due in no small part to the indoor racing. I wish to help every rider reach their full potential so they may compete with the best in Britain, without the training becoming repetitive or boring. Training should be fun, so if you feel that any session was boring TELL ME! Some specific sessions may appear short but if they are intense e.g. 15 minutes only) you will benefit. Others may appear long or drawn out and it is these that i will need as much feedback on so i can tailor the session to keep the riders actively involved. I am not afraid to adapt or replace the session provided the specific training target is met.

There are five areas to be targeted by myself and Colin Wildy with help from the more experienced riders.

1) Stamina, Fitness and Strength ; mainly on-bike work with some specific exercises to develop back/biceps, quad/hamstring

and reaction times.

2) Skills ; the Go-Ride system can help further a riders ability to use different skills in a race situation. This is mainly aimed at the youngsters but may be of use to more experienced riders to help break-up the training sessions. Without basic cycling skills a riders race-techniques will be much slower to develop.

3) Techniques ; gating, over-taking, re-mounting after a fall, scooting, cornering, bike position (e.g. to prevent highsides).

4) Diet and Rest ; carb-loading before a race, keeping hydrated, food to maximise muscle strength and the advantages of NOT over-training.

5) Tactics ; individual and team riding.

**Tony Bennett**  
**ENCSC Coach**



Josh Davis in action during 2008

## Training times announced

For Sunday outdoor sessions. Younger riders to arrive at 12.00 ready for registration, bike allocation and placement within training groups. Training to start at 12.30 and finish at 13.30. First team riders to arrive at 13.00 ready for placement within training groups. Training to start at 13.30 and finish at 14.30. Team matches to follow provided weather and light is agreeable.

Once the Tuesday and Thursday sessions start. Younger riders to arrive at 18.00 ready

for registration, bike allocation and placement within teams or training groups. Training to start at 18.30 and finish at 19.30. First team riders to arrive at 19.00 ready for placement within teams or training groups. Training to start at 19.30 and finish at 20.30.



Selling a bike part? Looking for a new jersey? Or if you want to include any features on this club newsletter just let Rob Absalom know and it can be added to next months edition.



Lunchie racing in 2008 Euro Clubs at Leicester

### Forthcoming events:

- Some outdoor preseason friendlies are being arranged for March. Keep watching the clubs website for details
- Most Saturdays are going to be dedicated to track work with completion of some major projects planned in.
- Colin Wildy is selling his complete "Ace" bike. Make him an offer?

## Clubs AGM goes well with a bumper turn out

A good turnout for the club's AGM in January indicated how far forward the club as come in just 12 months. In large the same committee was voted for en bloc but have been joined by 2 new posts and both filled with fresh faces. Gilbert has decided not to stand as travel manager this year but wants to continue acting as the clubs press officer. The whole club offered their thanks to him for making such a success in organising away trips during 2008 season. Kerry Bennett has joined Andy as Child Welfare officer and will be more focussed on looking after the girls and the younger riders while Andy can concentrate on the older youngsters. Shan Jones joins the club and was unopposed in the vote to fill the new position of Funding Officer. Rob stated that although he enjoyed doing all the clubs admin, the application for funding was a job in itself and needed a person dedicated to it. Nigel vacated the role of first team manager so that he can concentrate on getting fit and becoming a better rider in the first team squad. For those of you who haven't

seen Lunchie at his best then you are in for treat as he was a great rider in his day and East Newport will only benefit from this move. Ian takes up the role and relishes the task ahead. Another new face to the club is Tanya Smith who fills the role as assistant travel manager. We will introduce Tanya in the next edition of the newsletter. Tony Bennett was voted on as club coach and will be assisted by Colin Wildy once has completed his training with Welsh Cycling.

Finally, as a huge incentive to riders entering the junior league this year, any rider that reaches their A final will get their entry fee back off the club as a reward. So come on kids lets get training because we got to rack up all the big points in this years event and bring home the bacon for the Eastenders..!!



**Don't forget to visit [www.eastnewportcsc.co.uk](http://www.eastnewportcsc.co.uk)**

## Welcome to the East End Family

This month the club are welcoming lots of new people to the East Newport family. Some names are new to us while others have made the decision to transfer to us for the new season but all are welcome and we hope you enjoy the friendly atmosphere at your new club.

Callum Goward and his bro Nicky come to us from the other Newport Club and with them comes their family including Nan, Shan Jones and her hubby Paul. Hot on their heels also from Newport come Adil and Khalid Mitha who both look for regular racing in the colours of ENCSC. New faces have appeared as well with Ryan and Bradley Davies coming along from Ringland to join in the growing fun. We expect a lot more new faces to start rac-

ing and apply for their membership licences and as always we will welcome them with open arms. As a club we are always looking to grow and build on our success and the commitment of the club remains the same, we will always provide suitable racing for everyone who wants it. The track and the club are dedicated to East Newport riders, family, friends and supporters.



Above: Callum in action at last years East Newport round of the Junior and Youth GP

## And finally.....

Gilbert and Josh have both offered their thanks to everyone who have sponsored them on their ride to raise funds for their trip to oz in February and also to everyone in the club who have supported them. The whole club wish them well on their travels and will be checking online for their progress. I expect the clubs website will chart their trip.



## Good luck lads

The clubs successful website is in the process of being updated with all 2009 information being displayed. The club are very pleased to announce that Phil Crowe of Cornix Design has offered another year of sponsorship by maintaining our successful website.



## Thanks