

2013 Dates	Activity	Venue	Group	Instructors (Max 10 per instructor)
9/3 Sat	Training session Assessment/intro session	Hayes Coppice - Monmouth	Both	Simon Welch
30/3 Sat	Training session			Simon Welch
7/4 Sun	Prescott Bike Festival Training session			Simon Welch Andy Colbourne
21/4 Sun	Training session			Simon Welch
7/7 Sun	Training session			
20/7 Sat	Youth Squad Run Trial			
4/8 Sun	Training session			
21/9 Sat	Training session			
8/12 Sun	Training session			
Fitness assessment – Date to be confirmed (for senior youth squad members only)				
Social activities – Date to be confirmed				

YDS Diary