

# Skills + Drills

## Safer, Smarter, Faster

An 8-week after-school programme designed to help young riders become more confident, more in control, and more predictable in a bunch – which means fewer crashes and better racing.



KEAGAN  
GIRDLESTONE

# Who's it for?

- Students who are racing (or want to race) in the Christchurch Schools Cycling programme
- Riders who want to feel calmer in a bunch, corner better, and ride safely under pressure
- Anyone who wants skills that transfer to club racing, tours, and national events

*(And yes – it's also for the kid who's strong as an ox but corners like a shopping trolley.)*

# What riders will learn (the promise)

By the end of 8 weeks, riders should be:

- More stable and relaxed riding close to others
- Safer and smoother through corners and descents
- More predictable (the #1 safety skill in bunch racing)
- Better at positioning, wind awareness, and basic race craft

# 8-week programme outline

## **WEEK 1 – FOUNDATIONS:**

Calm bike control Body position, braking basics, scanning, signals, riding predictable. The boring stuff that prevents the exciting ambulance stuff.

## **WEEK 3 – CORNERING:**

lines, braking, smoothness  
Apex choice, braking “before not during”, weight placement, corner exits, correcting small errors without panic.

## **WEEK 5 – BUNCH RIDING**

### **ETIQUETTE:**

!The DOs/DON'Ts: predictability, holding your line, no sudden brakes, communication, respecting space, managing gaps.

## **WEEK 7 – WIND SKILLS:**

!Reading wind direction, forming an echelon, moving through safely, what not to do when the wind hits and brains fall out.

## **WEEK 2 – CLOSE ENCOUNTERS:**

Riding alongside, overlapping wheels awareness, controlled contact drills (where appropriate), staying relaxed under pressure.

## **WEEK 4 – DESCENDING:**

Safe descending habits, hazard spotting, managing speed, body position, and “when to back it off” (a pro skill, not a weakness).

## **WEEK 6 – PACELINES:**

Rolling turns, consistent tempo, avoiding surges, keeping the group together, conserving energy.

## **WEEK 8 – PUTTING IT TOGETHER:**

Realistic scenarios: corner into acceleration, holding position, reacting safely to movement, plus an individual skill check and personalised next steps.

# PROGRAMME DETAILS

- **COST:** \$220 per rider (8 sessions)
- **WHEN:** Terms 1 (one afternoon per week, after school)
- **SPOTS:** Limited (small groups = better coaching)



## ABOUT KEAGAN

Keagan Girdlestone is a highly experienced racer whose racing CV includes major results as a junior, racing in Europe, and representing New Zealand internationally. He's also seen the best and worst of the sport — and this programme is about passing on the skills and decision-making that keep riders safe while they improve.

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**REGISTER NOW:**

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