

## Regional/National Schools of Racing Dates - East Midlands Region 2010

Date	Discipline	Venue	Session Content	Workshop Detail	Appeal for Nominations Date
TBC-Early June	Track	Forest Town	Regional Omnium Focussed	TBC	Monday 10th May
27th June Sunday	Road	TBC	Group Riding, Breakaways, Echelon Riding	Training for target events	Monday 7th June
4th July Sunday	<b>NSR Road - For National Champs Circuit Race Riders only</b>	Redbridge Cycle Circuit	Reading a race, Attacking, Tactics	Race Preperation	<b>Apply ON LINE</b>
10th July Saturday	Road	TBC	Team Time Trials, Teamwork, Lead outs, Crit Practice, Working together	Teamwork	Monday 21st June
TBC - Late July	Track	Forest Town	TBC	TBC	Monday 5th July
<b>Week Commencing August 2nd</b>	Track	Manchester Velodrome	TBC	TBC	
September	No RSR Activity this month	N/A	N/A	N/A	N/A
October	TBC	TBC	TBC	TBC	TBC
November	TBC	TBC	TBC	TBC	TBC
December	TBC	TBC	TBC	TBC	TBC