



## GENERAL INFORMATION

### HIGH SCHOOL

#### **Training Sessions:**

GrannyGear is a cycling academy that focus on developing the sport of mountain biking at school level. GrannyGear is not school dependent and is open to all schools and home-schooled children. We offer structured training in the form of group training sessions and skills training clinics.

Our training courses are designed to teach children to ride more efficiently, with reduced risk and increased confidence. Whether they are beginners or an advanced riders, we have courses that develop essential skills to make you child a confident cyclist.

Trainees will be observed throughout all stages of training to ensure that the correct skills are being developed. We try and create a safe and friendly environment for all the rides.

Our senior academy rides are from grd 8 – grd 12.

The sessions will take place once / twice a week for an hour. Varies days are available. Mondays from 16:00 – 17:00 or Tuesdays 17:00 – 18:00. You could join for only one day a week or do two days a week.

The venue and times will be announced on the GrannyGear WhatsApp group. You will be added to the group once you have joined the Academy.

#### **Venues:**

Bloemendal  
Majik Forest  
Meerendal

Alex Kruger  
082 496 7297

[info@grannygear.co.za](mailto:info@grannygear.co.za)  
[www.grannygear.co.za](http://www.grannygear.co.za)



TMBC (Tygerberg Mountain Bike Club) bike permit boards are compulsory. Please contact Tygerberg Mountain Bike Club if you need a bike board.  
<http://www.tygerbergmtb.co.za/>

Please let us know if your son / daughter requires more personal attention, and we can schedule a date and time for extra sessions. One-on-one skills clinics and training sessions will improve their handling ability, confidence, fitness and skill levels.

**Training Programs available:**

1. Monthly training programs
2. Race specific 4 week plans and 8 week plans
4. Race conditioning and preparation
5. Off season training program

Please make sure that the bikes are in good working order before every training session.

**Cost:**

Training session once a week:	R550 per month paid upfront
Training session twice a week:	R800 per month paid upfront
Specific Program:	R800 per month paid upfront
One on One Session (4 x session):	R1200 paid upfront

*“We live and breathe to cycle and we want to share our passion with you.”*