

Sprockets Cycle Club - Summer 2016 Newsletter

Welcome to the first Newsletter from Sprockets Cycle Club. This will be a bit unlike future newsletters, but we hope you will find it interesting and useful.



There is a bit of a backstory.....

Like many people we were enthused by the 2012 Olympic Games and its legacy, wanting to do more sport and become more active. With one keen bike rider in the house it was not a surprise when the youngest member also took to cycling. Little did we realise though when we started looking for a junior cycle club for him in the local area that the eventual answer would be creating one ourselves!



Unlike football, hockey or rugby the opportunity for a young sportsman to go cycling does not exist in every local park. We looked at local (and some not so local) clubs and were disappointed to find that not only were they full but their waiting lists were closed.

Our search for a club led us to realise that there was a large demand for more cycling opportunities and we decided to fill that gap. We set about looking for a venue, obtaining coaching qualifications and gaining accreditation from British Cycling to start a Go Ride Club.

Probably the hardest of these requirements to satisfy was the venue. The ideal site would have a large traffic free area which can be devoted entirely to cycling, it would have a free car park, toilets and perhaps even a café for waiting parents. However, where these things exist they are either prohibitively expensive or already occupied by another sporting activity.



The light at the end of the tunnel was Wokingham going ahead with the build of the new secondary school on the Arborfield Garrison site. As a new school it did not have any sitting tenants to displace and there was the opportunity to try to get in at the outset to create a local focus for youth cycling. Fortunately, Bohunt School Wokingham, and in particular the Head Mr Ben Godber, were prepared to consider the creation of a cycling focus within their school.

In the last month the threads of activity have come together and we are ready to go. Bohunt School Wokingham will be the new home of Sprockets Cycle Club for 2 Saturday morning sessions - Sprockets Rascals from 10-11 and Sprockets Racers from 11-12.30. There will also be an after school cycle club each Monday for pupils of the school.

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Sprockets Cycle Club is now registered with British Cycling and has been granted admission to the Go-Ride Scheme. This is the Youth section of British Cycling and its clubs were the starting places for over 2/3rds of the GB cycling squad in Rio !



With all of these plans in progress we were able to run a series of summer sessions at our fall-back location behind the FBCC in Gorse Ride when over 30 different riders attended one or more of our three 90 minute coaching sessions. The concentration, achievement and fun the riders showed have reminded us what we are doing this for and provided the motivation to keep plugging away with the essential behind the scenes preparations.

We are now in very good shape for our opening session on Saturday 10th September. We will be running a variety of cycling games and challenges for young riders of all ages and we are looking for as many riders as possible to come along to see what the club is all about.



If you have attended a session or helped out in the last year - thank you. If you are thinking about a young rider improving their technique, skill or performance then bring them along. Perhaps there is a young Laura Trott or Chris Hoy in our area - they don't have to be good to start but they do have to start to become good!



Would you like to Coach?

We now have enough coaches to start our Autumn programme but would be very keen to find more people who are either already qualified or prepared to become qualified. You do not have to be an exceptional cyclist to become a coach but you have to be ready and able to listen, learn and teach; it is really very rewarding. If you are interested in finding out more just ask one of the coaches or email us.

Or Volunteer...?

To keep the club running smoothly we're also looking for young volunteers to assist with the sessions. Again they don't have to be cyclists themselves but need to be keen to help with tasks such as welcoming the riders, taking the register and helping the younger riders. There is sponsorship available from British Cycling for keen young volunteers and we'd also be happy to sign off requirements for the DofE award. If you know anyone who would be able to help us then please get in touch and of course this doesn't mean you can't volunteer as an adult - parent helpers are always welcome!