



**Sprockets Spring Newsletter 5 March 2017**

**Happy Half-Birthday to Us**

Sprockets is now six months old and we have a lot to celebrate. Not many organisations get ClubMark status in their first year and we achieved this inside 4 months. We have a committed group of riders who have stuck with cycling through a cold and wet winter and we have been adding new members every week. For the founding volunteers these first few months have been both exciting and challenging. Thank you all for supporting Sprockets!



This weekend Coach Lloyd, Coach Kelly, Megan, Rheannon and Debbie attended the British Cycling Go-Ride Conference in Aylesbury and came away with lots of good ideas. Going forward the Club will be working towards our next goals which are to increase our resilience and build on our good foundations to ensure sustainable growth and performance. Therefore, you will increasingly hear about 3 things:

**1. Resilience.**

We need enough coaches and volunteers to ensure the club does not depend on any single person. At the current rate of growth, we could easily have 100 riders on our books by Christmas and at least 60 on any Saturday. To look after this number of riders and to make sure they have a good time, we need at least 3 more coaches and as many volunteers as we can get!



**2. Young Leaders.**

Sprockets aims to do more than just improve cycling, it is one of our goals to help our riders develop. We will be speaking to the Parents of our Yr6 and upwards riders about the new Sprockets Young Leaders awards which could encourage them to become leaders or coaches in the future. We plan to teach our older riders to mentor others and to help organise and run events, although like our ethos for cycling this will be focussed on fun! We think our riders will become excellent ambassadors for themselves and Sprockets; no-one will be asked to do anything they are uncomfortable with, but we think they will all be surprised at just how much they can do!





### **3. Performance and Racing.**

Sprockets is at heart a grassroots club and was formed with very simple Goals:

**More young people cycling more often.**

**All riders improving confidence, competence and performance.**

**Young riders enjoying cycling and achieving their cycling goals.**

As our riders potential develops we need to ensure that there is an avenue to help them achieve their goals. This will be done through running Go-Ride Racing events, communicating and promoting British Cycling events and, most importantly, making sure that our increasingly capable riders remain enthused and challenged by our sessions. We do not foresee any changes in the immediate future but, over time, this may mean the emergence of a third group of riders: those who are both strong and wishing to develop performance or sporting achievement.

#### **Upcoming Dates:**

Sprockets Spring Slalom 2 is on 11 March 17 (please note the change of date), This will be Go-Ride Racing with a mountain bike twist !

We're also hoping to run some holiday sessions over Easter – watch out for details

There will be NO Sprockets on 15 April (Easter Saturday) or the following week 22 April



The Wokingham Bikeathon is on 25 June 2017 - for those who haven't experienced this it's a road event with 2 routes, 15 miles or 35 miles and is a real family friendly event. How about a visible splash from Sprockets? More details coming soon.

## **Coaching News:**

Well done to Coaches Kelly and Rob on successfully completing the next stage in their qualifications. Coach Rob is now a freshly minted Level 1 Coach and Coach Kelly has risen to become a Level 2 Coach; they bring the latest developments in technique and good practice and we will be seeing plenty from them at the Sprockets Sessions.

Also going through qualification at the moment is Coach Megan, she will complete her course this month.

It may now look like we have plenty of coaches, but we are still looking for more enthusiastic volunteers. Every week we are getting new riders and we need depth in our volunteers and coaches (even if it is just so that we can have the occasional Saturday off). Sprockets helps with the costs and bursaries are available through British Cycling and Sport England. For further details, please speak to one of the team.

Our Young Volunteers Rheannon and Anna are both going through the British Cycling Young Volunteers Awards Scheme mentored by our Youth Volunteer co-ordinator (Megan). They have a number of tasks to complete and will ultimately be awarded the BC Gold Award (which comes with free Gold membership of British Cycling and special branded uniforms). Until our own Racers are old enough for this programme do you know any young people who would like to join us?

## **Debbie's Cake Fund**

"Cake break" is an important part of Sprockets and we know our riders all look forward to it. We have been gathering the refreshment money together in a separate pot to buy luxuries for the club and since Christmas the cake break fund has reached £90. With this we've decided to buy a speed gun! Coach Lloyd wants to find out how fast our riders can cycle and we think it will provide an occasional bit of fun for both Rascals and Racers – Anyone care to guess who is going to be the fastest in each age group ?

After the speed gun our next target is a bit bigger, we want to help the club buy a stronger and better Gazebo before next winter so we will keep on selling cakes. If anyone fancies themselves as a bit of a Mary Berry then we'd be grateful for any donations – Sophie and Amber gave us chocolate gunge so do let us know if you'd like to be part of the cake rota.

## **Road Closures**

Unfortunately we have been faced with a few weeks of road works which sometimes prevents us cycling the Racers to the field. We'll keep monitoring the situation and keep you posted via email and Facebook. Sadly, being in the middle of a housing development does

mean that road closures and roadworks is an feature we will just have to continue working around.

### **Photos/Videos**

We currently have a number of children with restrictions on the use of photos and videos which means we have lots of lovely images we can't use. We will only ever use photos for promoting the club and children will not be named. Videos can be used very successfully as an aid to coaching and these will not be shared outside the club. If you would allow us to use photos and think you may have previously said no please do contact us via email.

### **Timekeeping**

To ensure that everyone gets the most out of their sessions it would be really helpful if we could ask you all to arrive at Sprockets in plenty of time to prepare for a prompt start. As safety is paramount we need all riders to have their bike and helmet checks before we start and latecomers can be a distraction if a session has already started. We do understand that the roadworks haven't helped in this regard so if we could encourage you to allow for delays we should be able to start both sessions on time.

### **And Finally.....**

we'd like to say a BIG thank you for your continued support and enthusiasm, all of which makes our work worthwhile. Please feel free to talk to us if you have any comments or suggestions – we'd love to hear what our riders like (or don't like!) about Sprockets.

