

Sprockets Cycle Club Newsletter

Autumn 2016

Welcome to Sprockets! Since the summer sessions and the official launch at our Open Day in September, we've seen lots of young riders at Bohunt and have almost tripled our numbers in only 7 weeks! Now that we are up and running at our permanent venue we hope you are all enjoying yourselves!



Our half-termly newsletter will keep you up to date with our activities and adventures as the club grows.

Schedule

Sprockets Cycle Club runs every Saturday at the following times:

Sprockets Rascals	–	10am-11am
Sprockets Racers	–	11am-12.30pm

Our Saturday morning sessions will run every week until Christmas, the last session being **17th December**. We will return in the New Year, at the same times starting on **January 7th**.

The club plans to run in all weathers with the occasional unavoidable exception, for example severe frost which would make the tarmac dangerous. In the event we need to cancel a session we'll post a message on Facebook as early as possible and email you - so please 'like' Sprockets Cycle Club and make sure we have your correct email address!

Special events

From time to time we'll be running either a themed session or special event. The first of these is **Witches and Wizards on Saturday 29th October**, fancy dress optional (suitable for riding a bike) and magical fun and games.

Of course there will be a **Christmas** themed session on **December 17th**.

Try Cyclocross (CX) and Go-Ride Racing

On **Sunday 13th November**, the Central District Cyclocross League will be holding an event at **Dinton Pastures** and Sprockets Cycle Club has been invited to be involved!

Sprockets will be helping with **Go-Ride Racing** which is British Cycling's introduction to competitive cycling for young riders. Every rider who enters Go-Ride will be able to take part in a minimum of 2 races and feel the thrill of taking part and possibly winning prizes. Team Sprockets will be there from before the first CX races at 10am so do come along and say hello! This is a really exciting opportunity for Sprockets riders and their parents to go along and either take part in this event or to spectate.

In the **New Year** we're planning to host 2 of our own Go-Ride Racing events, further details to follow!

Team Sprockets

You've probably met most of us at Bohunt by now but in case you haven't seen the website and are wondering.....

Team Sprockets is headed up by Head Coach Lloyd Watkins who is supported by a loyal and hardworking team of volunteers (some also called Watkins!):

Lloyd Watkins - Head Coach



British Cycling Level 2 Coach, Level 2 MTB Coach, Bikeability Instructor, Sports First Aid, Child Protection trained and Enhanced DBS

Lloyd gave up real work last year to concentrate on things he enjoys. Known in many local schools as 'the Bikeability Bloke' he now works full time as a Cycle Coach and Instructor. He likes most forms of cycling but admits to being baffled by BMX. Lloyd started Sprockets because youth cycling was so oversubscribed locally, he aims to grow Sprockets to allow as many young keen cyclists as possible to enjoy improving at their sport

Kelly Koya

Bikeability Instructor, First Aid, Safeguarding trained, Enhanced DBS

Kelly also teaches Bikeability at local schools and has her own cycling business. She's a keen mountain biker and often leads the ladies local Breeze rides.

Lynn Wright - Welfare Officer



Safeguarding trained, Enhanced DBS

Lynn is a keen recreational cyclist often found riding around the lanes of Wokingham either alone or with her daughter Milly. Being a Brownie Leader she captured Lloyd to do the Cycling Proficiency Badge for her group and in turn Lloyd captured her to help out with Sprockets

Megan Watkins - Volunteer Co-ordinator



British Cycling trained volunteer coordinator

Megan has coached sports since the age of 16, was a Young Leader at Brownies for 6 years and a Youth Co-ordinator at a local Youth Club. Volunteers are key to a clubs running and Megan brings positivity in order to motivate and look after our Young Volunteers to ensure every week is as successful as the last. In her time at University, Megan was Club Captain of Ladies hockey and is keen to encourage sport for all. She has recently taken up mountain biking which was a surprise to everyone including herself!

Debbie Watkins Treasurer/Membership Secretary



Enhanced DBS

Debbie's job in Project Management makes her the ideal candidate to handle the finances and Club administration. While she does own a bike (ladies style with a basket!) she's not a great cyclist but with a cycling coach husband and a small son who's aim is to be the next Mark Cavendish she's had to take an interest! Debbie admits to enjoying the competitive side of cycling and almost understands Pelotons and Slipstreaming.

Andy Kent, David Jackson, Volunteers

Andy and David both enjoy cycling - Andy comes along on Saturdays to help with Rascals, David brings his two children along and helps with Racers

Young Volunteers

Rheannon Hazell, Anna Woolston, Mollie Watkins

Membership

Sprockets is run by unpaid volunteer staff, whilst we get their time and talent at no charge, there are costs involved in running a safe, successful and well resourced club. Our income comes from Membership and session fees and these pay for venue hire, equipment purchase, coaching insurance and club insurance. We aspire to improve our capabilities and resources but can only grow at the rate our people, location and budget can afford

Membership Options:

£25 per year for the first child in each family

£15 per year for each subsequent sibling

Members session fees:

£3 per session for the first child in each family

£2 per session fee for each subsequent sibling

Non-members session fees:

£5 per session per child

There is no obligation to join Sprockets and you are welcome to come on a pay-as-you go basis but as well as reduced session fees, you can enjoy:

Free family membership of British Cycling for the first year including liability insurance for all members and 10% discount at Halfords

Up to 10% discount at AW Cycles in Wokingham and Caversham

For further details or to join please see a member of the team.



Facilities for parents

Sprockets is a young club so we have had to start small, we're currently limited by the available space and facilities at Bohunt but bear with us as we expand our activities for our members, riders and their families.

As Rascals parents are required to stay on site for the duration of the session we now offer refreshments for sale. Tea, coffee, water, fruit juice, cakes or biscuits 50p each with any profit going towards

club funds. We're hoping to buy a larger gazebo (pink of course!) so everyone can shelter from the rain!

Racers parents are of course still welcome to stay, and can buy refreshments, or if you would like to get on with your housework instead, the riders are welcome to refreshments during their break, just send them with their 50ps!

Would you like to Coach?

As Sprockets gets bigger and to allow Lloyd the occasional Saturday off, we would be very keen to find more people who are either already qualified or prepared to become qualified as coaches. If you are interested in finding out more just ask one of the team or email Lloyd via info@sprockets.club

Or Volunteer...?

You know that the club is run by volunteers alone and the money you invest in membership, pay as you go sessions and refreshments is all fed back into the club. As well as cash the club relies on volunteers to help out each week and it is vital we have enough support in order to run every session properly.



Our Volunteer Coordinator, Meg, is here to ensure we have enough multi-skilled, fully trained volunteers every week. Our keen volunteers are all very good at what they do, and are always willing to help or answer any questions you may have.

As the club grows, our need for more volunteers grows too. As such, we are keen to have more volunteers to assist at the sessions, helping with tasks such as welcoming the riders, taking the register, bike and helmet checks and helping the younger riders or managing the refreshments. You don't need to be a keen cyclist to help out, nor do you need any prior experience. All you need is a smile!

There is training and support available from British Cycling for YPs (Young People) to join their youth development programme and we'd also be more than happy to sign off requirements for the DofE award scheme. Of course you don't have to be a YP – any mums, dads, aunties, uncles, grannies or granddads are more than welcome to help out! If you are interested in finding out more, talk to Meg or email her via megan@sprockets.club

Thank you for supporting Sprockets. If you have any feedback or suggestions please do not hesitate to contact one of the team!