

Sprockets Christmas Newsletter December 2018



Welcome to our latest newsletter

Sprockets has been very busy this year, here is just a selection of what we've all been up to!

British Cycling Conference

On Saturday 17th February Coaches Lloyd and Megan along with Volunteers Debbie and Anna travelled to Milton Keynes for the annual British Cycling Conference. As well as being a chance to meet other cycling clubs and share ideas they attended workshops on Event Planning and Risk awareness (amongst other things).



The highlight of the day was the awards ceremony where we were delighted to see our Anna being crowned Volunteer of the Year!!

This is a truly amazing accolade and we are really proud of Anna who was the judges favourite because of the hours she has put into the club, even though she's not a cyclist herself.

Well done Anna!

Cyclocross Event on the field

On Saturday 10th March we ran the Sprockets Spring Omnium, which was a great event, we saw lots of racing and lots of smiles so well done to all who took part.

Unfortunately the field has been out of action due to drainage work so we've not been able to run another event but watch this space..... More fun to come in 2019!



Coaching News

There is quite a lot of behind the scenes effort by our wonderful coaches. Over the past year they have collectively spent over 20 days on training courses, improving their qualifications and adding to their skills – all on behalf of our riders. Congratulations to Coaches Megan and Rob who have both successfully completed their Level 2 qualification, and to Coaches Andrew and Claire who have both successfully completed Level 1. Coaches Rob and Lloyd have also attended courses to qualify them to teach Mountain Biking and Track Cycling respectively. Good luck to Claire who is now training for Level 2 along with Bruce who has been volunteering with us.

And Volunteer News

We're pleased to welcome Ania Waldner (Jacob's mum) to the team, she has now completed her BC training to become our second Welfare Officer. This is a role that is compulsory for all clubs but one which we hope will never be needed as their primary task is to deal with any Safeguarding issues.

Over the summer, Anna, Mollie and Bruce joined the coaches on a Sports First Aid course, Anna and Lauren took their GCSE's and Debbie got 100% in her Safeguarding test.

We've also welcomed Ray as our official Sprockets mechanic and Phoebe as a Young Volunteer.

2018 in numbers

This year:

- We ran 88 Sprockets sessions (44 Rascals and Rogues and 44 Racers Sessions) as well as 6 Rugrats Sessions.
- We have 52 fully paid up Sprockets members
- We sold.....
1,570 cakes, cookies and cups of coffee!!

Funds from Cake Break have been used to buy a new MTB toy and some Christmas presents!

British Cycling – The Governing Body of Cycle Sport.

Did you know that if you have a Sprockets membership you automatically get a year's membership of British Cycling for the whole family for free!

British Cycling run a full programme of events for all ages and abilities – over the past year we've seen Sprockets taking part in Cyclocross races, Time Trials and Mountain Bike races as well as having fun on British Cycling run holiday courses (mountain biking at Black Park is an example)

If you would like further details of BC events you can check out their website [Here](#) or ask Coach Lloyd who can often be seen helping out up a mountain or in a field!

Safety First!

We have very few rules here at Sprockets because our main aim is to have fun, however, as Sprockets is growing and there are more people in a small area we feel it's necessary to reiterate two of our safety rules:

ONLY Coaches and official Sprockets Volunteers are allowed in the coaching area.

This is for your own safety and the safety of our riders and team. In the event of an incident requiring parental involvement you will be invited to join us.



Sprockets Cycle Club cannot be responsible for supervision of riders outside of their allocated session times. Please supervise waiting riders, non-riders and younger children while the sessions are taking place and be considerate spectators. Distractions can cause incidents!

Timekeeping and Registration

We know everyone would like a lie in on a Saturday morning but we would really appreciate your help to start on time. Before each session starts we need to carry out registration and bike checks, if riders are late one of the coaches has to step out of their session to deal with them and this causes disruption to the other riders.

- Please arrive 10 minutes before your session is due to start, this will allow the session to start on time and minimise disruption
- Please ensure that all riders report to registration **BEFORE** joining the session – they should remain with parents until invited by the coaches



We appreciate your support and understanding in this.

Going Forward

We're always looking for help whether it's coaching or volunteering and if you feel you can spare us some time do please talk to us. Sprockets can help with training costs and make sure you're fully prepared for whatever role you'd like.

And Finally

All the coaches have been really impressed with the progress and enthusiasm of all our riders and can see improvement each week. This is hugely rewarding and makes it all worthwhile – we hope you think so too!

Thank you all for your continued support.

Team Sprockets

Merry Christmas Everyone!
Success is measured in Smiles

