

SUBWAY® Sprocket Rocket



Cycling Ireland (CI) is delighted to announce that since the last coaching update the New SUBWAY® Sprocket Rocket Programme is actively being run and embraced all around the country. The SUBWAY® Sprocket Rocket programme has been incredibly well received so far, both amongst the cycling community and in National Schools all across the country.

Pat Whitney from Slaney Cycling Club very successfully led the rollout of this programme in Wexford, so far delivering the programme in two National Schools and in his own Cycling Club with more than 100 riders taking part. Not content with this Pat has a further 100 riders lined up for the summer school term. To date 10 clubs (Bray Wheelers, Cuchulainn CC, Naas CC, Navan Road Club, Orwell Wheelers, Slaney CC, South Dublin CC, Southeast RC, Southside Wheely Wheelers, Team Cycle for Sick Children) and 10 schools are currently running or are due to start the programme with 314 riders taking part.

Over the next few months Cycling Ireland hopes that this programme will be further embraced and start to really gather some momentum and generate a new level of interest in our sport at youths level.

SUBWAY® Sprocket Rocket Training Days

CI have run three very successful SUBWAY® Sprocket Rocket Training days so far this year.

January saw the first training day of the year in Moate, Co. Westmeath with 24 participants attending representing 9 clubs and 1 school.

The second training day took place in Dungarvan, Co. Waterford with 21 participants attending representing 7 clubs, 2 schools and 2 Local Sports Partnerships.

The third training day took place in Letterkenny, Co. Donegal with 21 participants attending representing 4 clubs, 2 schools, 1 Local Sports Partnerships and An Taisce Green Schools.

To date 81 people from 27 different clubs in all have completed the SUBWAY® Sprocket Rocket Training days.

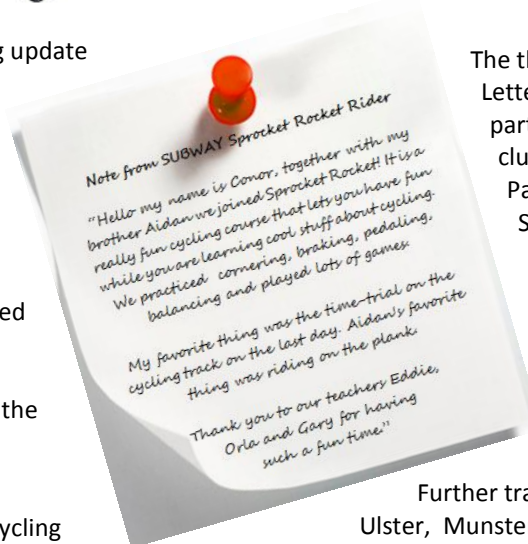
Further training days have been organised for Ulster, Munster and Connacht in the coming weeks, see upcoming dates below for further information.

For more information on the SUBWAY® Sprocket Rocket Programme please contact our National Sprocket Rocket Coordinator Aisling Hubbard at sprocketrocket@cyclingireland.ie.

Gearing Up (Off Road, Road and Track)

In order of capitalise on this momentum it would be remiss not to consider the next developmental stage of the cyclist having acquired the basic fundamental skills of the sport. These fundamental skills acquired through the SUBWAY® Sprocket Rocket programme are relevant irrespective of the cycling discipline. CI recognise that once acquisition of the basic fundamental skills has occurred we need to provide opportunity to further develop the cyclist.

It is with this in mind that CI has started working on and are developing the next phase of the SUBWAY® Sprocket Rocket Programme. This phase will consider the skill requirements of each individual cycling discipline. Phase two, to be called "SUBWAY® Gearing Up", will be discipline



specific catering for the needs of; Off Road, Road and Track. It is envisaged that this programme will take place over a 6 to 8 week period and similar to the SUBWAY® Sprocket Rocket programme will be implemented through clubs, schools and outdoor centres nationally.

Work is currently underway on Gearing Up Off Road and should be near completion by summer 2011.

Coach Education

Mountain Bike Leaders Award

A proposal from CI was submitted to the Scottish Cycling Executive Board in August 2010 detailing a proposed collaboration with Scottish Cycling and CI for us to adopt and implement the Scottish Cycling Trail Cycle Leader Award as our own award under the Coaching Ireland Adventure Sports Framework. Initial findings have proved very positive and Scottish Cycling has subsequently set up a sub-committee to specifically deal with this.

Since the submission of this proposal CI met with Scottish Cycling in December 2010 and subsequently in February 2011.

The outcome of these meetings are very encouraging. Scottish Cycling are happy for us to franchise the MBLA scheme to operate in Ireland very much in an independent capacity. Scottish Cycling will assist us in the developmental stages of setting up the scheme and in tutor orientation.

Work has commenced with regards to developing the CI Trail Cycle Leader Award and should be fully developed by the end of July and available for pilot in August 2011.

Level One Discipline Specific Awards

Cycling Ireland has spent some time investigating and reviewing the most logical next step with respect to the CI coaching programme. Initial

proposals suggested the development of a level 2 coaching award, CI believe that there may more merit in developing discipline specific courses at level 1 before developing level 2.

This proposed model is similar to that of British Cycling. Therefore consultation with British Cycling was instigated June 2010 and was followed by a formal meeting in Manchester in November 2010, to look at the possibility of using the British Cycling Level 2 Discipline Specific courses and resources to support the development of our proposed level one discipline specific coaching awards.

Following this meeting in November British Cycling have agreed in principle to collaborate with CI with a view to CI adopting the British Cycling Level 2 discipline specific awards (MTB, Road & TT and Track) as our own CI Level One Discipline Specific Award.

In January 2011, CI and a CI tutor attended the first of three British Cycling Discipline Specific courses (MTB) to observe and assess the course content and materials.

Following the observation of the Level 2 British Cycling Mountain Biking Award in February and a planned meeting in March work will commence on developing the first of three level one discipline specific awards.

The first CI Discipline Specific course to be developed will be Mountain Biking followed by Road later in the year.

“Pedal Fever” Conference 2011

Thoughts have already turned to this year’s “Pedal Fever” Conference. I am currently looking into a number of potential venues and have started to think about the content and speakers for the day.

Perhaps there is a particular area or topic that you would like covered. I would welcome any comments or suggestions that you might have.



Feel free to contact me at rachel@cyclingireland.ie with any thoughts.

Cycling Ireland - Code of Practice

CI recently launched its Code of Practice and Safeguarding Procedures for Young and Vulnerable Cyclists.

A copy of this booklet will be sent to every club in the coming weeks but it is available to download from the key documents section of the Cycling Ireland website.

CI would encourage all coaches to familiarise yourself with this document and its contents.

Upcoming Courses

So far this year CI have successfully run 1 foundation course in Loughrea, Co. Galway and 2 level one courses in Greystones, Co. Wicklow and UUJ, Newtownabbey.

Please see below list of upcoming coaching courses. Also, please keep an eye on the Coaching section of the website for further information on upcoming coaching courses.

You will also find details of all Code of Conduct courses in your county in the course calendar on the coaching section of the Cycling Ireland website.

Some dates for your diary

26th of February - SUBWAY® Sprocket Rocket Training Day, Letterkenny, Co. Donegal, 10am to 4pm.

5th of March – Foundation Coaching Course, University of Limerick, 9am to 5pm. ***This course has been rescheduled to a slightly later date. Details on new course date will be advertised shortly.***

6th of March - SUBWAY® Sprocket Rocket Training Day, University of Limerick, 10am to 4pm.

12th of March - SUBWAY® Sprocket Rocket Training Day, Sligo Institute of Technology, 12am to 6pm.

Foundation Coaching Course – Ulster, date and venue TBC.

Foundation Coaching Course – Munster, date and venue TBC.

Level One Coaching Course – Connacht, date and venue TBC

Any coaches wishing to attend any of these courses are advised to contact rachel@cyclingireland.ie for further information.

To Finish

If you have any queries in relation to anything covered in this update or indeed anything to do with coaching please do not hesitate to contact me. Rachel Ormrod Coach Education Officer, e: rachel@cyclingireland.ie, m: 086 7802937