



Presents the [SUBWAY® Sprocket Rocket Youth Cycling Skills Programme](#)



Dear Active School Flag Coordinator,

SUBWAY® Sprocket Rocket and Cycling Ireland would like to help your school achieve the Active School Flag. We can help and support your school in each of the following review areas:

The school helps and encourages pupils to walk and cycle to school where it is safe to do so

The SUBWAY® Sprocket Rocket Programme does not teach children the rules of the road, however, it is designed to compliment such activities. The aims of the SUBWAY® Sprocket Rocket programme are to provide the participant with the necessary skills to make them competent and confident on their bike, and therefore better able to apply the rules of the road.

Through the SUBWAY® Sprocket Rocket programme the participant learns how to perform a bike check. This will empower them to determine if their bike is fit for use, and will be a skill they will take on into adulthood.

The school seeks the assistance of outside agencies such as the National Governing Bodies, Local Sports Partnerships and the HSE to help promote physical activity

In 2010 Cycling Ireland launched their *SUBWAY® Sprocket Rocket Youth Cycling Skills Programme*. This programme has been welcomed by many schools throughout the country to date. Its aims are to provide pupils (7-11 years) with the fundamental skills of cycling in order for them to become competent and confident cyclists.

The programme can be run in an area of similar size to a basketball/tennis court and on tarmac or grass. It is essentially a 12 week programme but has been adapted to 8 weeks to

fit into the school term easily. There are two pricing structures to the programme, as outlined below:

<u>Option A</u>	<u>Option B</u>
<p>Cost – €30 (Includes helmet)</p> <p>Each participant receives;</p> <ul style="list-style-type: none"> ➤ Helmet* ➤ T-shirt ➤ Kit Bag ➤ Cycling Ireland Membership ➤ Logbook ➤ Coaching by a Sprocket Rocket trained coach <p><i>Of the €30, €25 to be sent to Cycling Ireland and €5 to stay with the club/organisation/coach.</i></p>	<p>Cost – €20 (Doesn't include helmet)</p> <p>Each participant receives;</p> <ul style="list-style-type: none"> ➤ T-shirt ➤ Kit Bag ➤ Cycling Ireland Membership ➤ Logbook ➤ Coaching by a Sprocket Rocket trained coach <p><i>Of the €20, €15 to be sent to Cycling Ireland and €5 to stay with the club/organisation/coach.</i></p>

Click on this link to view a video demonstration and find out more - [SUBWAY® Sprocket Rocket](#)

The school works with parents and the local community to promote physical activity

As stated above, Cycling Ireland hosted their first National SUBWAY® Sprocket Rocket Family Cycling Festival in Punchestown Racecourse Co. Kildare in conjunction with National Bike Week to great success.

Click on this link to view video [SUBWAY® Sprocket Rocket Family Cycling Festival](#)

Cycling Ireland can provide participating schools with links to local cycling clubs that children can contact if they wish to pursue cycling as a sport.

The school organises an ‘Active School Week’ every year

The SUBWAY® Sprocket Rocket Programme could form a major part of this event. There is an opportunity for this week to be organised in conjunction with Bike Week or on any week that fits the school calendar. It would also be a great opportunity to have a “rewards day” or certificate presentation to those who have completed the programme. There is also the possibility of having a mini SUBWAY® Sprocket Rocket festival in the school or in conjunction with another local school that has participated in the programme.

The school offers pupils opportunities to celebrate their physical activity skills and achievements

Certificates – as part of the programme each participant gets a logbook that is filled out every second week with their results and at the end of the programme the participants all receive a certificate.

At the end of the first year of the SUBWAY® Sprocket Rocket Programme Cycling Ireland hosted a national *Family Cycling Festival* in conjunction with *Bike Week* at Punchestown Racecourse, Co. Kildare. This event was free to all who took part with participants enjoying a wide variety of cycling activities including BMX Shows, a Mountain Bike Track and Cycling Orienteering.

Click here to view [SUBWAY® Sprocket Rocket Family Cycling Festival](#)

COMING SOON - Cycling Ireland is in the process of developing a *Cycling Skills League for Sprocket Rockets*. The focus of this league will be on the skills that participants of the SUBWAY® Sprocket Rocket Programme cover: balance, pedalling, braking, and cornering.

The school encourages staff to attend in-service courses in the areas of PE, physical activity and sports

Cycling Ireland provides training days specifically for those who are going to roll out the SUBWAY® Sprocket Rocket Programme. These training days take place over one day and are usually approx. 6 hrs long.

The school has adequate resources to provide pupils with comprehensive PE, physical activity and sports programmes

Cycling Ireland supplies schools with all resources required to run the SUBWAY® Sprocket Rocket Cycling Skills Programme.

If you require any further information surrounding the SUBWAY® Sprocket Rocket programme please contact me in Cycling Ireland at any time.

Aisling Hubbard

National SUBWAY® Sprocket Rocket Coordinator

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