WHAT TO BRING TO EACH SESSION

Riders can bring any bike (two wheels), their SUBWAY® Sprocket Rocket logbook and a water bottle.

WHAT TO WEAR

All riders must wear running shoes, comfortable clothing, baggy trousers and track pants should be tucked into socks to avoid them getting caught in the bike.

WHAT HAPPENS NEXT

It is recommended that riders join the local cycling club and enrol in our next level of sports specific programmes aimed at teaching riders more specific cycling skills for Road, Track, Mountain Bike and BMX.

CLUB DETAILS:

FOR FURTHER INFORMATION

Cycling Ireland, 619 Kelly Roche House,
North Circular Road, Dublin 1

www.cyclingireland.ie

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SUBWAY eat fresh.®

SPROCKET ROCKET

cyclingireland

SUBWAY® SPROCKET ROCKET PROGRAMME

SUBWAY® SPROCKET ROCKET

Cycling Ireland is delighted to introduce to you the SUBWAY® Sprocket Rocket Programme.

WHAT IS SUBWAY® SPROCKET ROCKET

Sprocket Rocket is a foundation Cycling Skills Programme which focuses on delivery to youths aged 7 to 11 years old but can actually be delivered to anyone of any age.

The Sprocket Rocket Programme was originally developed by BMX Australia and has been modified by Cycling Ireland to suit the Irish environment.

SUBWAY® Sprocket Rocket Programme is aimed at developing basic skills required to ride a bike. The programme requires riders to complete skill tests at three levels of difficulty for each basic skill.

AIMS OF THE PROGRAMME

- Provide opportunity to learn fundamental cycling skills that cater for their size, physical development and level of interest.
- Provide a fun and safe environment where children aged 7 to 11 years old can learn the foundation cycling skills in a progressive manner.
- Introduce the concept of fair play and rules.
- Develop the necessary foundation skills so that if they go on to participate in a competitive environment they are suitably skilled.
- Foster enjoyment and "want" of participation

HOW LONG DOES THE PROGRAMME LAST

The SUBWAY® Sprocket Rocket Programme runs for 12 weeks with each session lasting 1 to 11/2 hours.

WHAT IS THE FORMAT OF THE PROGRAMME

Each week riders will learn two skills (i.e. Balance and Pedalling or Braking and Cornering). Every second week riders will be tested on the skills they have learnt in the prior week.

Riders will be awarded achievement stickers for level 1 to 3 of each skill.
The SUBWAY® Sprocket Rocket Programme requires riders to complete skill tests at three levels of difficulty for each basic skill of Pedalling, Balance, Braking and Cornering.

Riders successfully completing level 3 of each skill will receive a SUBWAY® Sprocket Rocket Certificate awarded by the Sprocket Rocket Coach.

WHAT TO DO NEXT

Enrol with your local SUBWAY® Sprocket Rocket Club, School or directly with Cycling Ireland. Once a rider has enrolled, riders will receive the SUBWAY® Sprocket Rocket kit.

A SUBWAY® SPROCKET ROCKET KIT BAG CONTAINING:

- Welcome letter
- SUBWAY® Sprocket Rocket Logbook
- Sprocket Rocket T-shirt
- Helmet