



# CLANCY BRIGGS

## CYCLING ACADEMY

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# SCHOOLS PROGRAMME

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# 2020/21

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Ed Clancy OBE



Graham Briggs





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# CLANCY BRIGGS CYCLING ACADEMY

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## MISSION

Clancy Briggs is a cycling academy for girls and boys aged 1 - 16 years old.

Our first aim is to help your pupils to learn to ride a bike - a key life skill.

Teaching children to ride can be a challenge. Many of us struggle to find the time in our lives and the right space in our busy urban environment to gift our children this life changing skill.

The Clancy Briggs Cycling Academy offers a fun, group environment where children learn to play at cycling together, rewarding and spurring each other onwards under the guidance of our expert coaches.

## FOUNDERS

The academy is founded and led by Ed Clancy OBE and Graham Briggs and supported by their team of coaches.

Ed and Graham are professional cyclists with a wealth of experience and achievement. They both have a life long love of all types of cycling. This expertise will be passed on to all members of the Clancy Briggs Cycling Academy.

## PROGRAMME

The Clancy Briggs Cycling Academy offers a fun, group environment.

Our programme constantly assesses pupil development and tailors plans to meet individual needs, whether that is learning to balance, introducing pedals, roadcraft or more challenging bike racing skills.

Session Options: After School Clubs, PE Lessons, School Events, Race Events and Off-Site Sessions.

Weekly Academy sessions are also available in your area.





Being on a bike with friends is a thread that ties together years of childhood memories.

At Clancy Briggs Cycling Academy, we want every child to create their own memories which they will take forward in life.





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# OUR PROGRAMME

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We coach pupils through our innovative four-stage programme, starting at the point which is most relevant for your school:

## 1 BALANCE

This is part of our “Medal for Pedals” programme. For many children, the first step towards riding a bike comes hot on the heels of their own first steps. So from 18 months, we'll be there to guide and support your little ones as they get mobile on two wheels before eventually progressing to riding with pedals.

At that point, they'll receive their Clancy Briggs Medal for Pedals - a memento of this key milestone that they'll treasure for the rest of their lives.

At the end of each class, we'll also recognise the achievement of one member of the class who has demonstrated a growth mindset, by giving this child the Clancy Briggs Bear to take home for the week.

## 2 LEARN

Aimed at children 7 years and older. For those who already have a strong grasp of balance, coordination and agility off the bike, but have yet to transfer these skills across to their bike riding and learn how to ride independently without the need for stabilisers.

In LEARN we aim to teach the fundamentals of bike riding in a more concentrated environment. We'll teach them how to confidently and safely set off, come to a stop and pedal without any assistance at all.

In this class we introduce the 'Champion of the Week' reward, where coaches provide certificates based on a list of growth mindset examples.



## 3

## PEDAL

Now they're pedalling, it's time to add the layers of skills that will make them happy, safe cyclists, able to get the most from their bike and the places that they ride it.

PEDAL classes teach children to do more on a bike than they (and you!) ever dreamed possible. We have some great equipment to keep the children engaged and to help them learn new skills.

These sessions are for children up to the age of 16. Each week, every class will have a 'Champion of the Week'. One child in the group will be recognised for adopting a growth mindset in how they tackle their cycling classes.

## 4

## RACE

These classes are aimed at children aged 10 - 16 years.

If they're already racing, or thinking about starting, or even if your school would be interested in a race team of your own, our RACE classes will introduce the children to a set of skills that are the essential tools of good racers at every level of the sport.

The focus of each RACE session is on skills, so their speed and fitness won't be a barrier as we introduce them to better cornering, bunch riding skills, gear selection, standing starts and tactical tips.

All this delivered in a fun environment that will develop every rider regardless of their ability.

Each week, every class will have a 'Champion of the Week' with one child in the group recognised for their achievement. We adopt a growth mindset when issuing all rewards within the Clancy Briggs Cycling Academy.







Our learning environment rewards commitment and development, our ethos is about meeting your child where they are and helping them develop.

There's no speeding off into the distance and no child is left behind. As long as they keep attending, we'll keep our focus on their development.

But if they do want to race, we'll be there to support them too with tips from the very top of the sport.









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# REWARDING ACHIEVEMENT

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All our coaches have been trained to recognise children demonstrating a real growth mindset in their approach to learning.

We provide medals and certificates to acknowledge a child's achievement.

## REASONS FOR REWARD

- Pushing myself outside my comfort zone
- Keeping trying until my goal is met
- Trying new things
- Demonstrating in front of other people
- Listening all session
- Being a great team player
- Asking great questions
- Learning a new skill
- Being a good leader
- Encouraging others to reach their goals
- Taking my special job seriously
- Being brave & trying new things
- Following my coach's examples
- Staying positive & working hard towards my goal
- Never giving up & achieving my goal
- Trying my best & showing perseverance
- Embracing the challenge
- Challenging myself
- Not being afraid to try new things
- Being motivated
- Having a positive attitude
- Having the courage to take a risk







Our sessions have been created by Ed and Graham, who use the best games, drills, exercises and materials available

Aspects of these programmes have been part of their personal development, having been themselves coached by World Class Coaches.

The emphasis for our sessions is to have fun, and to be able to play and learn.

Our pupils soon develop a sense of pride in their ability to become skilled cyclists.





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# HOW IT WORKS

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An overview of how we provide academy lessons for schools:

## LOCATION & TIMES

We will typically come to your preferred location. However, we can offer off-site sessions, if preferred.

Our BALANCE sessions are best delivered within a sports hall environment.

Our PEDAL, LEARN and RACE sessions are designed to run at your school on either the playground or an all weather pitch.

Times are arranged to suit your school timetable. Sessions are 40 mins to 1 hour to fit in with you.

Each session has a specifically designed session plan delivered by our team of coaches.

## RATIOS & SAFETY

Coaching ratio is 1:10 with a maximum of 35 pupils per session with the support of 1 member of school staff.

Larger sessions can be arranged if there is appropriate space.

All our Clancy Briggs Cycling Academy coaches are Enhanced DBS checked and have the formal qualifications that enable them to work with young people.

All our assistants have a minimum of British Cycling Level 1 or Balanceability qualifications.

For our leaders, British Cycling Level 2 or Bikeability is our minimum standard.









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# HOW IT WORKS

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## EQUIPMENT

We have a fleet of Hope Academy UK Bikes and Lazer helmets.

Free use of the Clancy Briggs Cycling Academy bikes and helmets can be arranged for those children who cannot get their bikes to school or do not have a helmet.

Schools may wish to use these sessions to encourage children to ride to school on the day of the Clancy Briggs Cycling Academy session.

## WHAT THE PUPILS NEED

- Correctly fitting cycling helmet – these are mandatory
- Comfortable clothing - PE Kit is fine including trainers or flat shoes
- Waterproof jacket – the sessions will go ahead even if it's raining
- Gloves for sessions outside of summer
- Pupils own bikes need to be:
  - The correct size
  - In working order with brakes that operate properly
  - Any pupils struggling with the above can be provided with bikes and helmets from our fleet.



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# SESSION OUTCOMES

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Outcomes are shared across our classes, the techniques we teach in **BALANCE & LEARN** are continued and developed, through into **PEDAL** and then **RACE**. Outcomes such as communication, observation, listening and teamwork are key at every stage.

**In our **BALANCE & LEARN** classes the primary outcomes are:**

- Moving
- Spatial awareness
- Interacting with space
- Static balance
- Mounting, propelling and steering the bicycle
- Communication skills
- Observation
- Listening skills
- Teamwork

**In our **PEDAL** classes we develop the outcomes taught in **BALANCE & LEARN** and additionally begin to focus on the following:**

- Starting, stopping and moderating speed
- Breaking technique
- Ascending / descending technique
- Bike control
- Group riding techniques
- Basic cycle maintenance and understanding
- Cycling skills

**In our **RACE** classes, we continue to develop the outcomes identified in **BALANCE, LEARN & PEDAL** but we additionally focus on the following:**

- Race tactics
- Race skills and techniques
- Competition
- Advanced slow riding skills and techniques
- Advanced cycle balance
- Close riding techniques



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# TESTIMONIALS

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"All the coaches and staff were keen to help from the moment we walked in. The coach showed a genuine interest in getting the kids to enjoy themselves and learn good bike handling. The equipment was excellent and there was a good balance between being active and learning new skills."

"The coaches were great with kids and gave them lots of tips and encouragement. So exciting to have such a superb course available to kids and parents. Five stars!"

"Someone is so proud and happy getting his Medal for Pedals! Thankyou to Coach Graham for inspiring a little boy who did not like riding his bike at first...would definitely recommend you to anyone!!"

"My 6 year old and 3 year old both attended the balance class, and it was fantastic how much they both came on in just the first session. My 3 year old was very nervous to start but the coaches were great with her and she was soon pushing her way around the course. My 6 year old who rides with stabilizers and lacks confidence to try without, amazed me! He couldn't wait to jump on the bike and was gliding around the track lifting his feet off the ground. They are both so excited to go back. Fantastic team and very well organised I would highly recommend."





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# GET IN TOUCH

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Interested in finding out how we could bring the Clancy Briggs Cycling Academy to you?

If your pupils are aged between 18 months and 16 years, we can provide cycling inspiration and motivation.

We are taking 2020/21 bookings now, working flexibly to accommodate your needs and fit into the school timetable.

We also provide pupil progress reports, ideal for sharing with parents.

Get in touch with Sam Briggs at [team@clancybriggs.co.uk](mailto:team@clancybriggs.co.uk) for more details.

