



Rotorua In Gear

Presentation to SPARC

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"Cycling is fast moving beyond sport and into mainstream lifestyle. You can now be fashionable, social, entertained, motivated and networked – simply by getting on a bike."

'Power to the Pedal', North and South magazine, December 2007

Rotorua In Gear (Aims)

- To get more people cycling for sport and recreation.
- Create a pathway into cycling linked to the broader cycling interest (including Transport).
- Partnership (Sport and Recreation, Health and Transport, Local-Regional-National, NGOs and GOs).
- Building local and national capability, coordination and resources.

Cycling is popular, but ...

- Crisis in levels of children cycling ?
- No resources or programmes available nationally to support or provide a development pathway into sport and recreation cycling for children or adults
- No local coordination of capability or resources (Cycling RSO)

A new approach for NZ cycling

Promotional activities

- Targeted behaviour change programmes utilising community based social marketing techniques.
- Fostering participation through creating a pathway of providing opportunities, learning and skill development , and participation (social and competitive).
- School cycling programmes (sport, recreation and transport).
- Community events
- Re-cycle (bicycle accessibility scheme)

A new approach continued....

Learn to ride programmes

- Beginner to intermediate level
- Target groups: Children, Adults (male and female), Maori
- Mountain biking, Road and Track, BMX and Active Transport

Community development

- Increasing capability, coordination and resources
- Strengthen links within the community, including schools, and local cycling clubs.

500km GOLD MEDAL CHALLENGE

Secondary students – take up the challenge!

ACCUMULATE 500kms

on your bike to receive your gold medal.



GREAT PRIZES TO BE WON!

FREE TO ENTER

Ongoing event, finishes December 12, 2008
Register online: April 10 - November 19

Visit www.ride2school.com.au



More students walking & riding more often

a great way to get fit & have fun on the way to school



SCHOOL CONTACT / NEXT EVENT DETAILS



Visit www.ride2school.com.au
or phone 03 8636 8888 for more information



Dads 'n' Lads

10 Week Men's Mountain Bike & Cross Training Series



- Experience Rotorua's outdoor playground - "Whakarewarewa Forest"
- Set yourself a goal and get moving this summer!
- Programme designed for beginners
- Blakes being blakes, on bikes!
- Learn NEW tracks and tricks
- Encouraging atmosphere
- Weekly training sessions



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www.sportbop.co.nz



MERIDIAN KIDS' BIKE JAMS

Wicked mountain bike fun for kids aged 5-13 years



Wicked short off-road courses Heaps of spot prizes
Awesome skills courses & competitions

Central Otago	22 March	Wellington	10 May
Christchurch	29 March	Auckland	12 May
Napier	7 April	Palmerston North	24 May
Rotorua	7 April		

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www.sparc.org.nz/pushplay

Enter on-line at www.kidbikejams.co.nz or get an entry form at your local bike shop

Collaborative Partnership

- Sport and recreation, health and transport sectors
- Local, regional and national, non-govt. and govt.
- Resources and investment

Financial partners

Bike NZ

Rotorua District Council

Health Rotorua PHO

SPARC (tbc)

In-kind partners

BikeNZ

Sport BOP

TePapa Takaro o Te Arawa

Rotorua Police

Lakes DHB



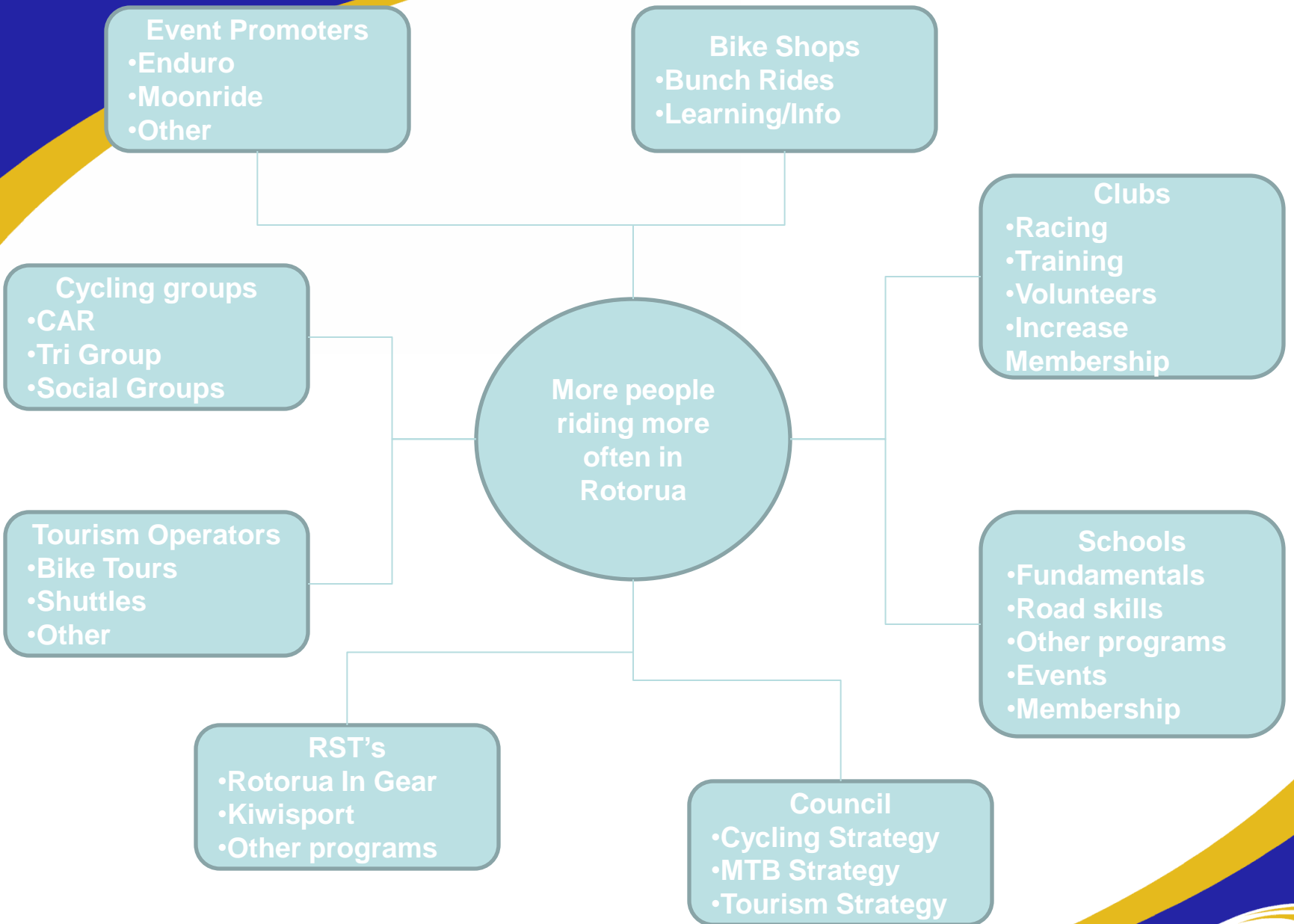
Sustainability

- Pilot to develop, test, refine and demonstrate a range of cycling promotional tools and resources.
- Tools and resources to be developed to a level suitable for national delivery and uptake.
- Tools and resources will be developed as products with the intent of securing long-term investment.
- Strengthen links between the community, including schools, and local cycling clubs.
- Cycling RSO. Increasing capability, coordination and resources within the community



"A nation embracing cycling"

Questions, comments ?





Fundamental Skills Training
Pilot Update
2010

The Story so far

Completed Pilots:

- Sunset Primary
- Malfroy Primary

Term 2 Pilots:

- Lynmore Primary
- Mokoia Intermediate
- Westbrook Primary
- Glenholme Primary



The Story so far

- The target for Year 1 was to pilot in a 3 Schools, with a minimum of 50 participants
- Our actual reach at the end of May will have been
 - 6 Schools
 - A minimum of 265 students
- Key Partnership formed with Police for increased cooperation and delivery.
- Adult delivery was trialed with aspects of program overlaid with Dads'n'Lads and Step



Delivery Options Piloted: Positives

Weekly Session

- Great consistency of message
- Opportunity to revise
- Often kids struggled with a skill but returned next week having mastered it
- Ability to utilise similar activity/game week in week out to emphasise the new skill
- Develop rapport with Students
- Develop management techniques that best fit group

Day Program

- Really focused days activity
- Real enthusiasm as day out of class seen as a treat
- Good consistent skill progression throughout the day
- Lots of activity time as management tasks focused on first 30-40mins

Delivery options Piloted: Drawbacks

Weekly Session

- Time can be lost in management tasks each session
- Students missing sessions impacts on progression
- Enthusiasm can start to wane from some students
- Other School activities can impact on teaching effectiveness.
- Possible weather impacts

Day Program

- Focus can quickly become heavy on a particular skill so can limit progression and ability to cover all modules
- If ability/skill level is widely varied, instructor attention can be less targeted than it should
- No chance review and follow up skills after student has gone away and practiced

Learning's



- Senior/respected students are hugely helpful
- For all there is generally one key moment that leads to a breakthrough in skill and confidence
- Having more than one instructor is key: allows one on one tuition while the rest of the group is occupied
- Utilising the Schools discipline systems/techniques is hugely beneficial

Learning's continued....

- The younger ages require more attention
- An instructor/student ratio of more like 1:10 is desired
- Ideal group size is <20
- Age composition is more important than Ability groupings. It is easier to manage a narrow age gap (i.e. 7-8 years old) of varying ability than it is to manage a wide age grouping of similar ability



What about the Adult's?

- Both Dads'n'Lads and Step Up Activator have highlighted a need for Fundamental Skills programs
- These casual groups do not really respond to an overly formalized structure as they are there for fun. It cannot seem too serious.
- However.... These activities can really benefit from one key skill focus every session, and a planned progression
- As with the kids there tends to be one key teaching moment for each individual which unlocks skill and confidence to try more
- Good sized groups (where individuals can stand out less) and a more social setting lead to a positive learning environment

What Next?

- The fundamental skills that are crucial remain the same for all age levels
- We will continue with the current content, but emphasise the need for flexibility and adaptation to instructors
- We will recommend follow up and refresher sessions for our one day clinics
- We will ensure there are more activities for graduates to progress to

