



## The Steven Burke Sports Hub

Document prepared in support of Sport England 'Inspired' funding bid, April 2013

**Cycle Sport Pendle** was formed in 2008 and the following information and statistics has been prepared in support of the proposed Hub. CSP has built steadily over a five year period and was formed by experienced cyclists with the aim of introducing children to the various aspects of cycle sport and leisure riding, competitive and non competitive.

The intervening years have shaped the development and direction of the club. Parents have been a crucial ingredient and CSP membership statistics reflects a fundamental growth in both adult and child participation. The membership is made up of 53 adults and 89 children and approximate gender split is.... 2/3 male.....1/3 female over all ages including adult. Club session attendance has increased 200% post London 2012 Olympics.

Parent volunteers are an integral part of the clubs management and support network of volunteers. Coaching volunteers, through parent recruitment has increased 100% post London.

### Overview of CSP activities

The club has a wide range of ongoing activities and participation opportunities for all ages. Some riders and families are involved exclusively for leisure riding and the skills coaching aspects of the club, whilst others have embraced the sport in a competitive sense and are experiencing racing through the various age categories and disciplines, i.e. Road, Track (Velodrome), Cyclocross, Mountain Bike and have access to quality performance coaching as a group and one to one.

In addition the club has a healthy social and supportive network, everyone has access to a wealth of knowledge and experience which is freely passed on and shared. The ladies section (primarily CSP Mums) has grown organically and three coaching candidates and one Bikeability instructor have been recruited from our lady members.

### Overview of CSP rider progression



The club has been structured in to three distinctive ability groups with clear and recorded development pathways. CSP have an awards scheme, Gold, Silver, and Bronze that our riders work towards at each session.

- **CSP Rookies** , as the name implies, new inexperienced riders generally age 7 – 10
- **CSP Skillz**, generally age 11 – 14, older riders ready to master more advance techniques and physical progression.
- **CSP RDP** (Rider Development Programme) age 14 – 18 riders who have started competing or about to and are self motivated and committed to improving both technically and physically. Our approach to rider development has the full support of our Governing body and there is regular input from the British Olympic development coach.

## The clubs role in the community

CSP has become a beacon club and recognised throughout cycling as a sustainable model and modern thinking club. There are opportunities for all ages and abilities. The club recognised from the outset that teenagers are much less catered for than all other age groups and often leave the sport after encouraging starts and introductions. Changing that scenario has been the driving consideration from day one. Encouragingly, along the way it has become clear that harnessing the enthusiasm of parents and children new to the sport is paramount. The club has clearly done that and will continue to do that in the community by being pro active, inclusive and focused on our three development pathways.

The club also recognise that a strong community of cycling related bodies will underpin any work our club or neighbouring clubs achieve. By leading in the formation of the Cycling Development Pendle Partnership (CDPP) Cycle Sport Pendle are demonstrating a long term commitment to the community and the introduction of cycling to all Pendle's residents.

Please see the partnership website for full details [www.cdpp.co.uk](http://www.cdpp.co.uk)

## Impact of the Steven Burke sports hub & future progression

The figures show that the highest attending age group are the under 8s and least attending are the over 16s. The CSP goal is to address that trend while maintaining our younger recruitment. We believe the hub will have significant participation impact across a number of clubs and organisations other than our own club requirement. The formation of the Cycling Development Pendle Partnership (CDPP) is testament to that.

Touched on earlier was the fall out rate and slow recruitment of boys and girls age 14 and over this is primarily because cycling specific venues are unavailable to many riders and clubs, including those in Pendle. It can be shown that where areas and clubs that do have facilities the recruitment and importantly the retention rates are much higher. The clubs vision is to grow and develop riders through to adulthood regardless of ability.

We are especially encouraged and excited at the recently announced **Enrichment Programme** at Pendle Vale Community Sports College. The Colleges commitment to form a in-house cycling club and give pupils, boys and girls from all backgrounds the opportunity to ride and learn more about cycling for leisure and sport, This is an excellent addition to the mix and will give the opportunity of feeder programmes to our sessions and ultimately CSP membership. This is especially relevant in the recruitment of older children as previously highlighted. The route from school to the proposed hub is already a marked and a safe designated school link of approximately 900 Metres, ride time approximately 3 minutes, walk time approximately 8 minutes, Naturally the envisaged usage of the hub by the school would be throughout term time and after school sessions supported by CSP coaches and volunteers when required.

In summary, leisure, training, school enrichment, wheels for all, competitive coaching and racing can all come together at one unique purpose built facility.

The popularity of cycling is at an all time high in the UK and the focus for CSP is to ensure we are ready for the influx of newcomers to our sport. With this in mind we are looking ahead, recruiting volunteers and coaches, and developing our sessions in readiness and prospect of the Steven Burke hub. CSP are 100% committed to its success and sincerely hope the bid is successful on all fronts.

**The following statistics will reinforce and highlight all of the above.**

**Yours Sincerely**

**Peter Boast**      CSP Club Development and Membership officer / CDPP Chairman

## Membership and visitor attendance (coaching sessions)

Age Category	Total number different riders from May 2012	Total members	Total Non-members	Members not attended from July	Non members attended only once July-Sept	
E under 8s	73	38	35	2	8	
D (8-10)	31	18	13	2	4	
C (10-12)	27	18	9	2	6	
B (12-14)	9	7	2	3	1	
A (14-16)	5	5				

### Numbers attending each session – from May 2012 to November 2013

5/5/12 **19** 19/5/12 **17** 2/6/12 **7** 16/6/12 **8** 30/6/12 **15** 14/7/12 **13** 28/7/12 **21**  
 11/8/12 **15** 25/8/12 **44** (post London Olympics) 8/9/12 **67** 22/8/12 **80**  
 6/10/12 **76** 20/10/12 **60** 3/11/12 **42** (Christmas break)

### Attendance at sessions October 2012 onwards

Date	J (age 16+)	A 14-16	B 12-14	C 10-12	D 8-10	E u8	Total
20/10/12		1	2	6	18	33	<b>60</b>
3/11/12				7	12	23	<b>42</b>
17/11/12		1	4	7	13	26	<b>51</b>
1/12/12		1	6	7	9	21	<b>44</b>
26/1/13	2	3	2	2	4	5	<b>18</b>
9/2/13		5	9	7	14	13	<b>48</b>
23/2/13	1	6	7	7	11	9	<b>41</b>
9/3/13		2	4	6	8	13	<b>33</b>
6/4/13		3	5	3	8	11	<b>30</b>

### Current Membership April 2013

Category	Male	Female	Total
Adult	29	21	<b>50</b>
U23 18-23	2	1	<b>3</b>
J 16-18	6	1	<b>7</b>
A 14-16	7		<b>7</b>
B 12-14	8	3	<b>11</b>
C 10-12	11	4	<b>15</b>
D 8-10	12	8	<b>20</b>
E u8	21	8	<b>29</b>
Totals	<b>96</b>	<b>46</b>	<b>142</b>

### CSP Club Velodrome Sessions

Date	Adults	Children	Total
11/8/12	16	8	24
9/3/13	15	9	24

### Club Coaches

	Level 1 Candidate	Level 1	Level 2 Candidate	Level 2	Level 3	Club Coach Candidate	Club Coach	Total
Pre August 2012			4	2	1	1	1	9
Post August 2012	2		8	3	1	1	1	16

#### Pre Olympics

#### Post Olympics

<b>L1 candidate</b>	zero	<b>JB, BB (+2)</b>
<b>L1</b>	zero	
<b>L2 candidate</b>	MW, NW, PB, KG	<b>NW, PB, KG, SP, BH, MT, NH, AB (+4)</b>
<b>L2</b>	MB SW	<b>MB SW, MW (+1)</b>
<b>L3 candidate</b>	MB	MB
<b>Club coach candidate</b>	AG	AG
<b>Club coach</b>	LW	LW

**Bikability Instructors**..... (Some coaches are also Bikeability qualified)

	<b>Pre Olympics</b>	<b>Post Olympics</b>
Bikeability instructors x5	KG, MB, SB	KG, MB, SB, MW, IJ <b>(+2)</b>
National instructor x1	KG	
Disability instructor x1	KG	

(The club also has access to Bikability instructors via Govelov, CDPP member)

**First Aid certification**

January 2013  
Coaches' renewal – 3  
Coaches new – 5  
Volunteers – 8

Parent volunteers (CRB in process) x4

**CSP Awards Scheme** (Bronze, Silver, Gold)

Children started on awards and done at least 1 Session

Rookies..... 45 (Generally the under 12s.)



Skillz..... 20 (Generally the over 12s)



**RDP Rider development programme**



There are presently 12 riders age 14+ benefiting from the programme by way of increased access to coaching and development resources, including training programmes and dairies and equipment loan and subsidised race kit. Two riders, Female age 16 and Male age 19 are now competing at National level events.