



ACCESS  
SPORT

# SCHOOL COACHING PROGRAMME

# COACHING & TRAINING FOR SCHOOLS

**FUNDING  
AVAILABLE**



The London BMX School Sessions coaching programme is a British Cycling Go-Ride accredited programme and provides a series of 6 or 9 coaching sessions at the school or your local track. Followed by an entry level race.

This series of activities will help schools enable, extend and enrich their provision of PE, sport and cycling activities. The programme can enhance

young people's physical literacy in balance, coordination and healthy lifestyles through safe, fun and challenging cycling activities. It also provides links to further participation opportunities in BMX community clubs. Prices are shown opposite but schools can apply for a fully funded programme. Please provide information at the end of this document.



[WWW.LONDONBMX.CO.UK](http://WWW.LONDONBMX.CO.UK)



## WHAT IS INCLUDED?

- Professional fully qualified British Cycling BMX Coach
- Training for school staff to deliver cycling activities
- Teaching aids: Entry level activity cards for beginner
- Fleet of 20 British Cycling BMX Bikes
- Set of 20 full face helmets and safety equipment
- Go-Ride bottles and wrist bands for every rider
- Go-Ride Racing prizes such as medals and certificates
- Opportunities for young people to continue their development with local BMX community clubs

### Ⓐ THE TRACK

1 hour session £60

2 Hours session £85

### Ⓐ THE SCHOOL

1 hour session £110

2 Hours session £135

SCHOOL NAME .....

NAME OF SCHOOL CONTACT .....

ADDRESS .....

EMAIL ..... TEL ..... MOB .....

I would like my school to have:	X	Number of sessions @ the School	Number of sessions @ the track	My School will contribute :	My school would like to apply for fund up to:
1hr Session				£	£
2hr Session					

Below please indicate the dates and time of the sessions. If applying for funding please indicate briefly (no more than 200 words) why you are applying for this programme and how it links to the school's cycling initiatives planning. E.g.; Transport and healthy lives funding.

Please return this form to Adam Thomas at [adam.thomas@accesssport.co.uk](mailto:adam.thomas@accesssport.co.uk)