

## The Momentum Builds as Sprockids Rolls into Fall

### Westbank First Nations Sprockids Riding Clinic



### Sprockids for Adults: What a Concept! *Team Building Through Pedalling*

On September 19th Doug Detwiller, Sprockids founder, along with Patrick Lucas (co-founder of the Aboriginal Youth Mountain Bike Program) took the Maintenance and Utilities Departments of the Westbank First Nations through a Sprockids Skills Workshop. For many of the 21 adults they hadn't been on a bike since their childhood, and this experience definitely found them stepping out of their comfort zone. Despite their apprehension, within a few minutes they were laughing and remembering what it was like to be a kid again.

The highlight of the morning had to be the game "Lightbulb" and conquering the infamous teeter-totter. With their new found confidence the crew ventured out on the Myers Canon Provincial Park Trails. For many of them, despite living in the Kelowna area, they had never been on these trails! It truly was a day of personal discovery as well as a day of bonding with their co-workers. It was very clear that no matter what the age, there is something truly magical about biking.

**121** Leaders Trained in 2014,  
and Counting!



## Don't Forget the Games!

The Sprockids cycling games and drills are a crucial part of the learning process. Taking the riding skills taught in the program and incorporating them into fun and challenging games helps your young riders take their riding to the next level. Learning by trial and error in a fun, non-threatening environment challenges the individual to go beyond their own personal expectations. Breaking down personal boundaries is what it is all about. Given the opportunity, your young riders will not only exceed your goals for them, but more importantly their own perception of what they are capable of!

