

KEEPING PEOPLE RINGING

Can bell ringing learn anything from
the British Cycling experience?

Ruth Eyles

Music

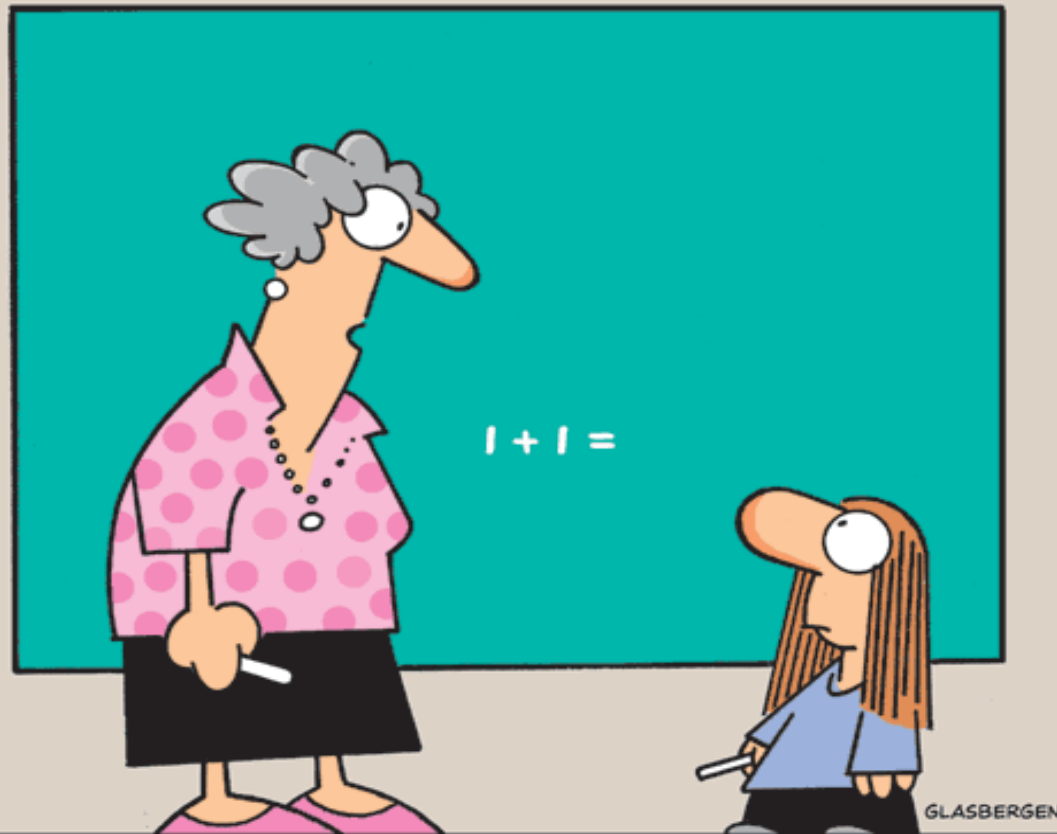


Physics



Teaching

© Randy Glasbergen / glasbergen.com



“Yes, this will be useful to you later in life.”

Management in Industry

Managing Change



Cycling



DAVE HUGHES PHOTOGRAPHY

Coaching



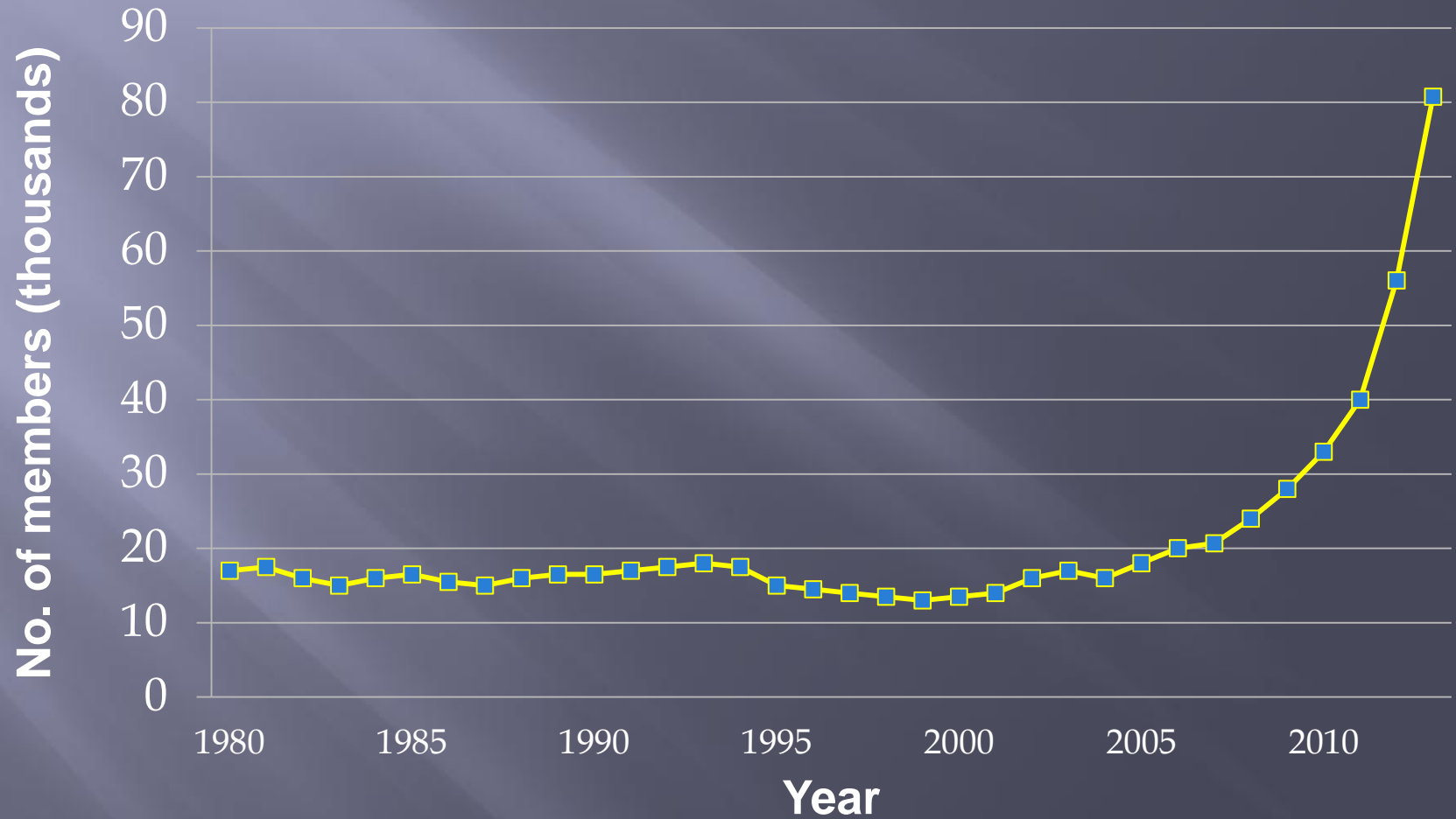
Ringling

- ▣ Since September 2012
- ▣ Leek Wootton (anticlockwise 5), near Warwick
- ▣ Coventry Diocesan Guild
- ▣ Harry Windsor Ringing Centre
- ▣ Learning the Ropes

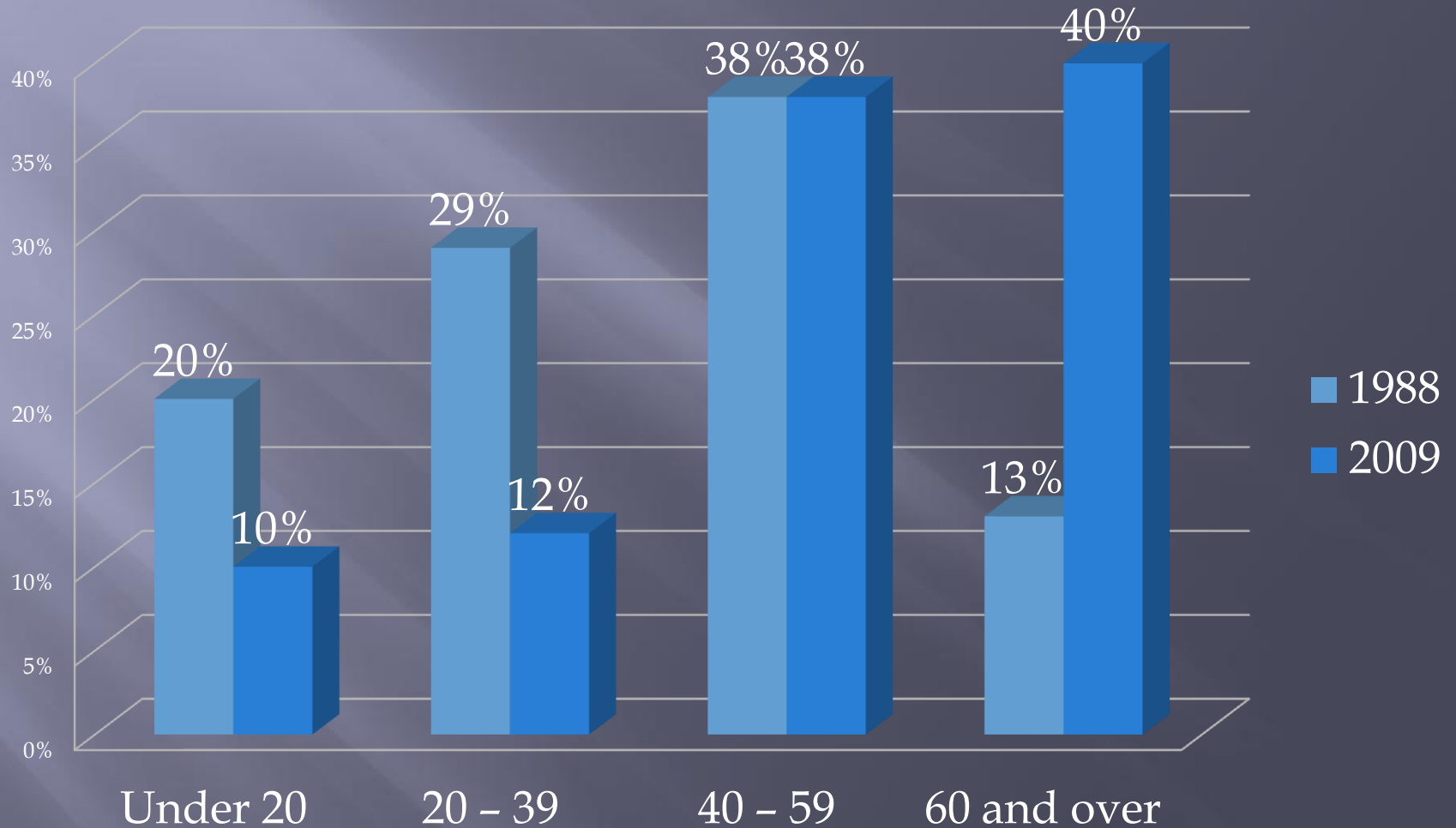
Overview

- ▣ Participation trends: Cycling vs Ringing
- ▣ What has been happening in cycling?
- ▣ What might ringing learn from this?

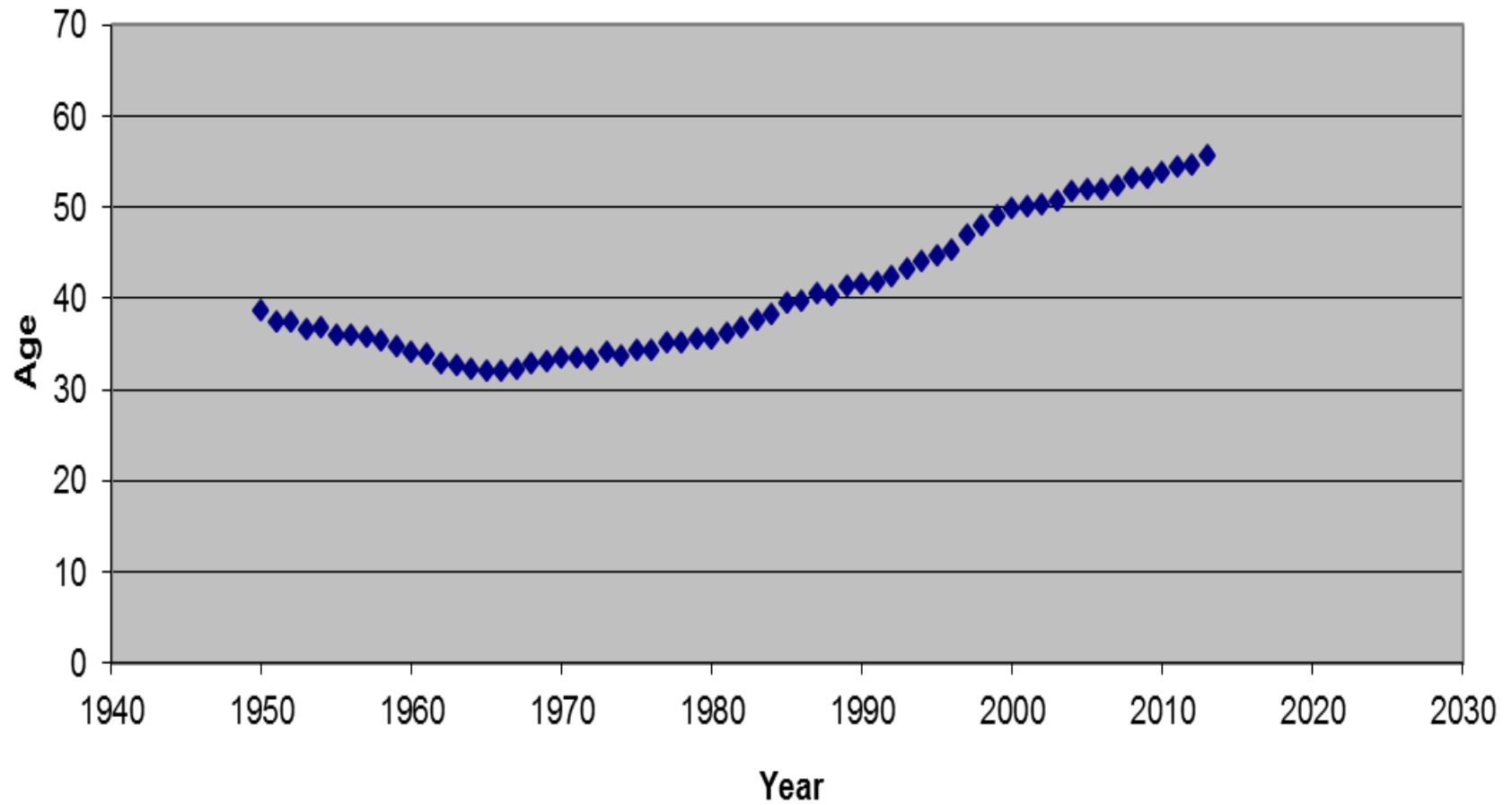
British Cycling Membership 1980-2013



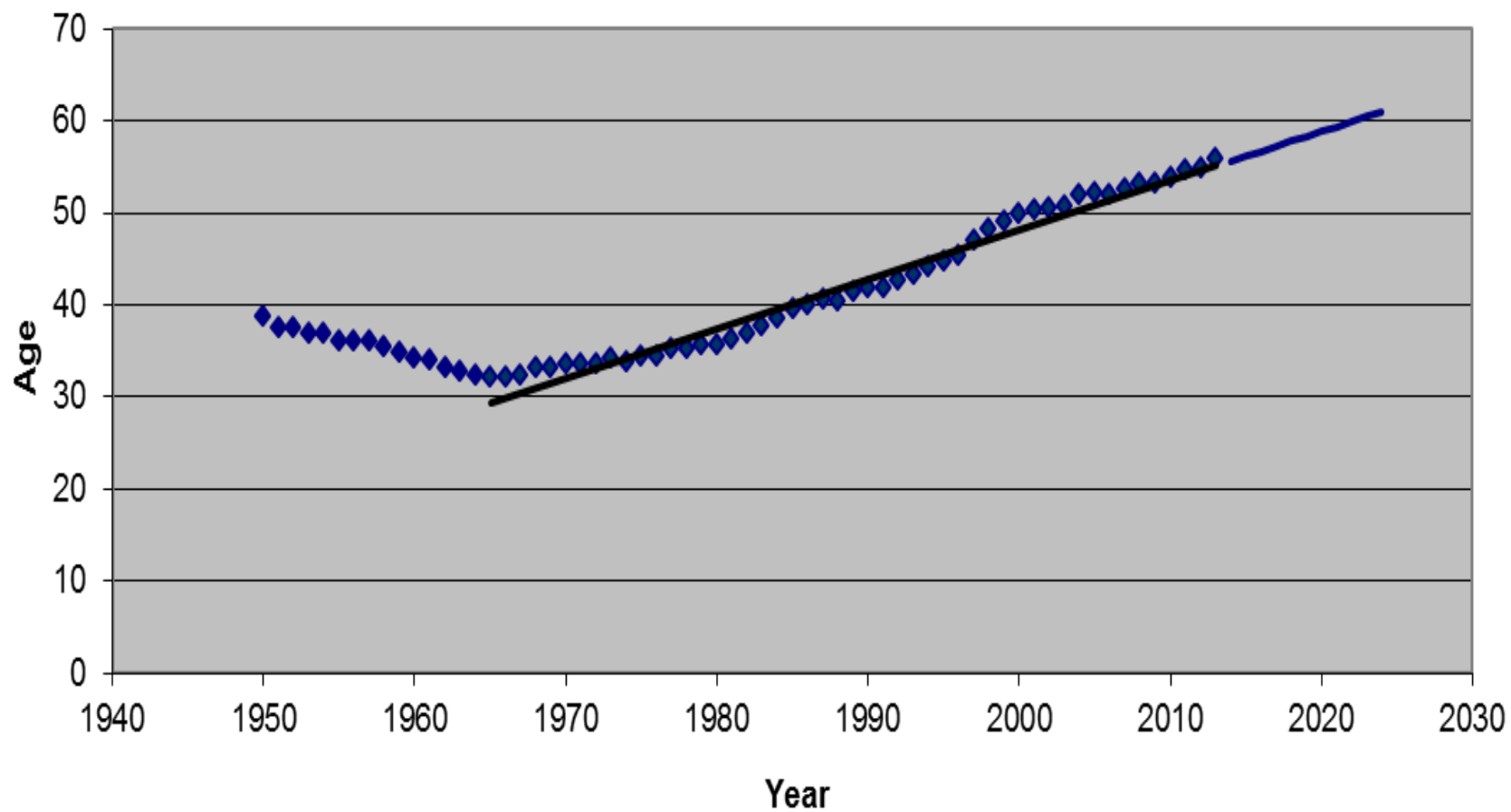
Age Distribution of Ringers



Average age of peal ringers (Ringing World Feb 14th 2014)

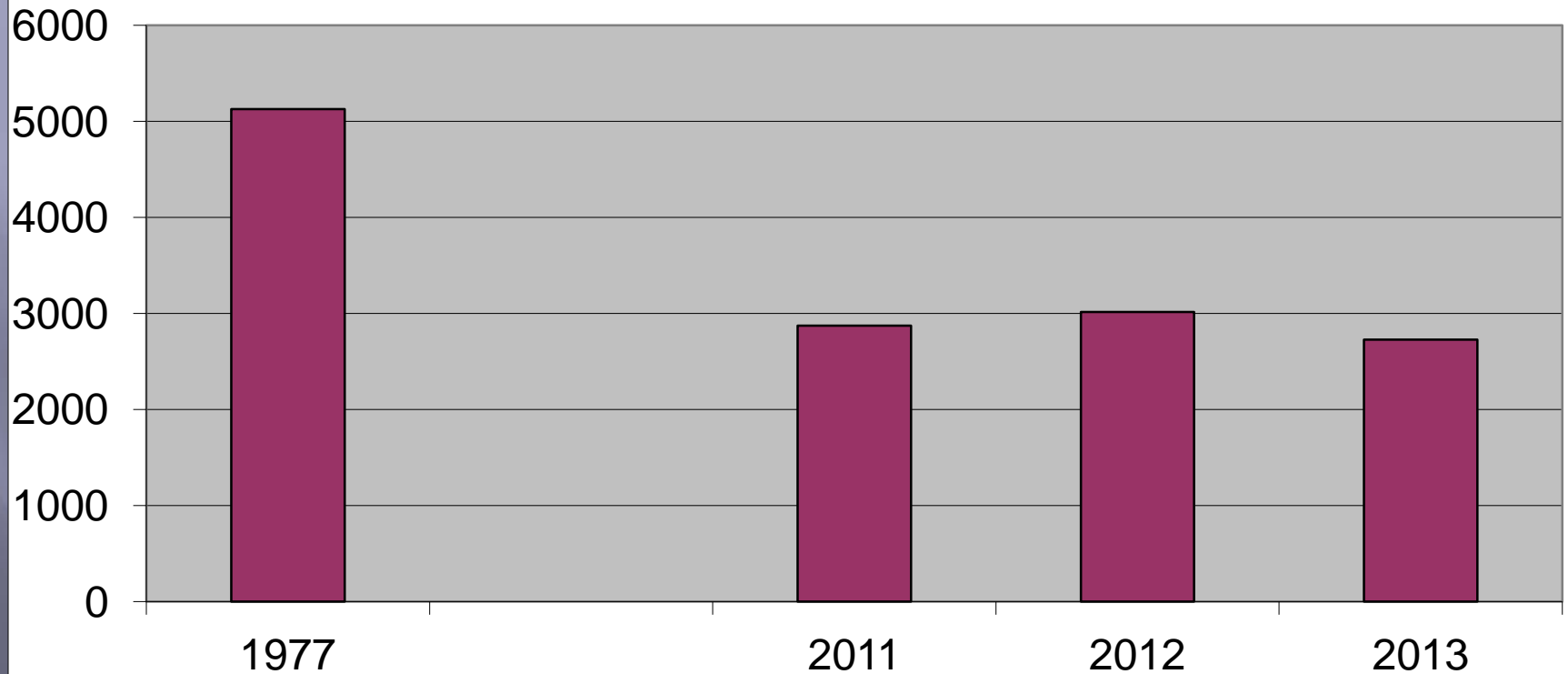


Average age of peal ringers (Ringing World Feb 14th 2014)



Number of Peal Ringers

Number of peal ringers
(Ringing World Feb 14th 2014)



So, what has happened in
cycling?

Traditional club cycling

Club Life

Traditional club cycling



Club Life

Traditional club cycling



Club Life



Traditional club cycling



Club Life



UK Coaching Framework

Department of Culture, Media and Sport

Executive non-departmental public bodies
(QUANGOs)– Sport England, Sport Wales, Sport
Scotland, Sport N. Ireland

“Creating a sporting habit for life”

Sports Coach UK is a national partner of Sport
England, Sport Wales, Sport Scotland & Sport N.
Ireland

“Excellent coaching every time for everyone.”

UK Coaching Framework

Sports Coach UK works with circa 50 sports national governing bodies such as UK Athletics, the FA, the Lawn Tennis Association and...
..... British Cycling

Sports Coach UK has developed a UK Coaching Framework - “*to provide a cohesive, ethical, inclusive and valued coaching system*”

UK Coaching Framework

Participant Development Model

The UK Coaching Framework advises governing bodies to develop their own model based on:

- ▣ Participation vs performance development vs high performance
- ▣ Pathways into and through the sport
- ▣ Participant capabilities (physical, mental, technical, tactical)

British Cycling

Annual Report 2009:

“Recreation and Partnerships is a new directorate..... established to deliver major growth within the cycling participation base. The department will..... aim to bridge the gap between new/recreational cyclists and local clubs..... the challenge is to design programmes that are more inclusive.”

Sportives



Sky Rides, 'Fun' cycling events



Breeze Rides, New-Breed Clubs



Example: Transformation of the cycling press

FROM:

- ▣ Race previews
- ▣ Race results
- ▣ Race reports
- ▣ Profiles of elite riders
- ▣ Technical equipment reviews
- ▣ Racing heritage articles

TO:

- ▣ What to wear?
- ▣ How to mend a puncture
- ▣ Getting a bike that fits you correctly
- ▣ Bike maintenance courses
- ▣ Completing your first sportive event

What can be learnt from this in
ringing?

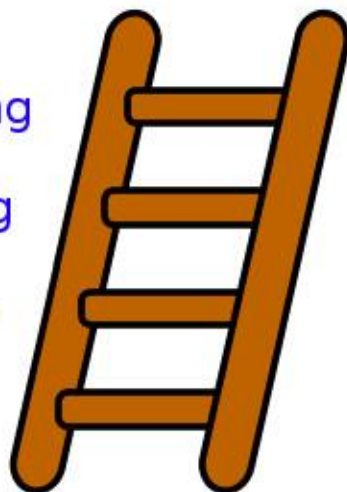


Elite racing

Local racing

Club training rides

Club social rides



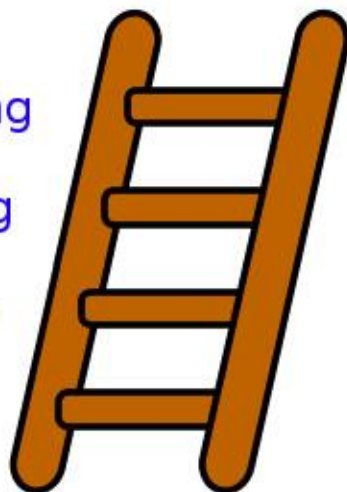


Elite racing

Local racing

Club training rides

Club social rides



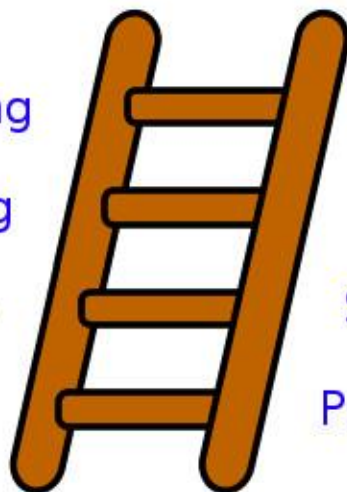


Elite racing

Local racing

Club training rides

Club social rides



Surprise major

Surprise minor

Simple methods

Plain hunt



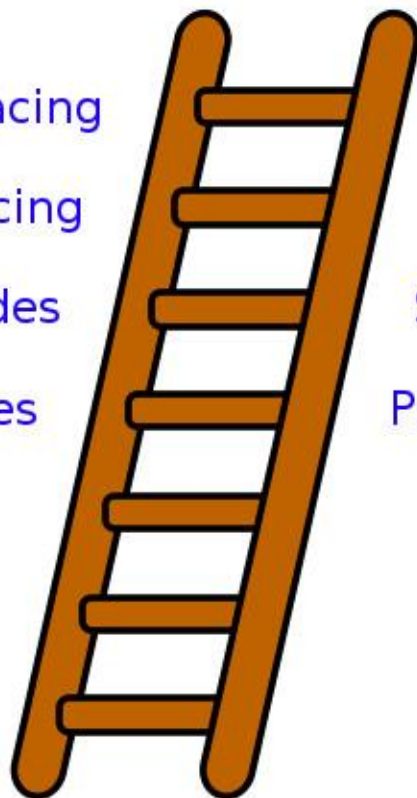


Elite racing

Local racing

Club training rides

Club social rides



Surprise major

Surprise minor

Simple methods

Plain hunt





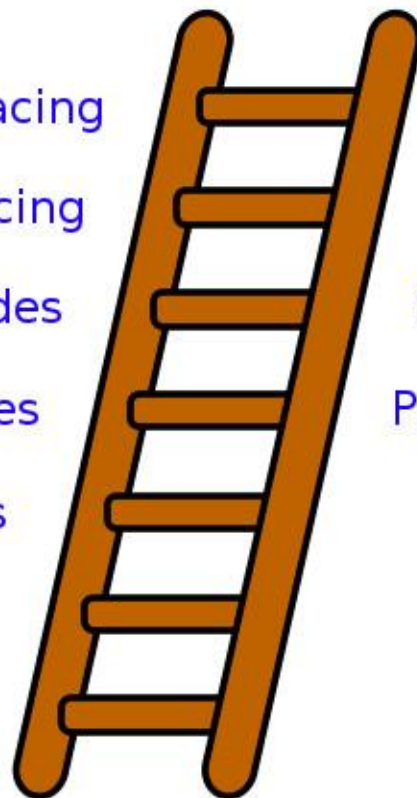
Elite racing

Local racing

Club training rides

Club social rides

Sportives



Surprise major

Surprise minor

Simple methods

Plain hunt





Elite racing

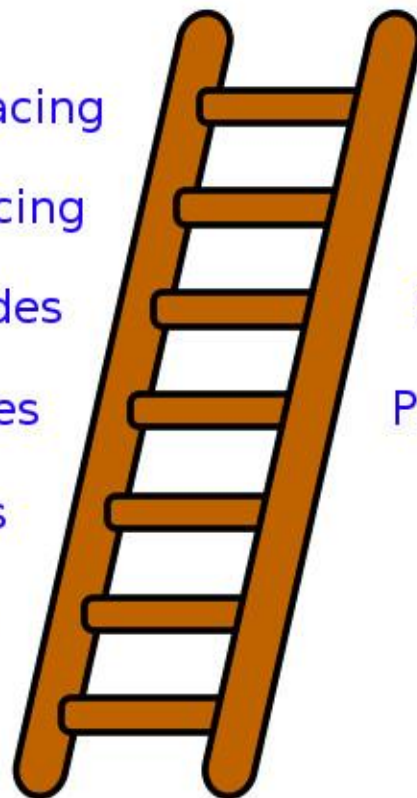
Local racing

Club training rides

Club social rides

Sportives

New-breed clubs



Surprise major

Surprise minor

Simple methods

Plain hunt





Elite racing

Local racing

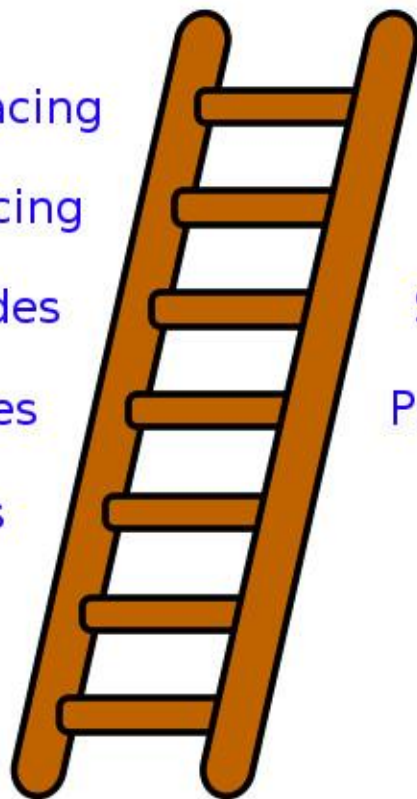
Club training rides

Club social rides

Sportives

New-breed clubs

Fun rides



Surprise major

Surprise minor

Simple methods

Plain hunt





Elite racing

Local racing

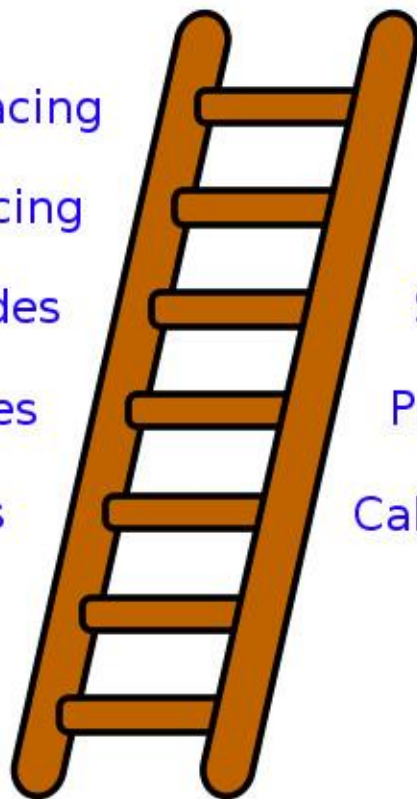
Club training rides

Club social rides

Sportives

New-breed clubs

Fun rides



Surprise major

Surprise minor

Simple methods

Plain hunt

Call changes





Elite racing

Local racing

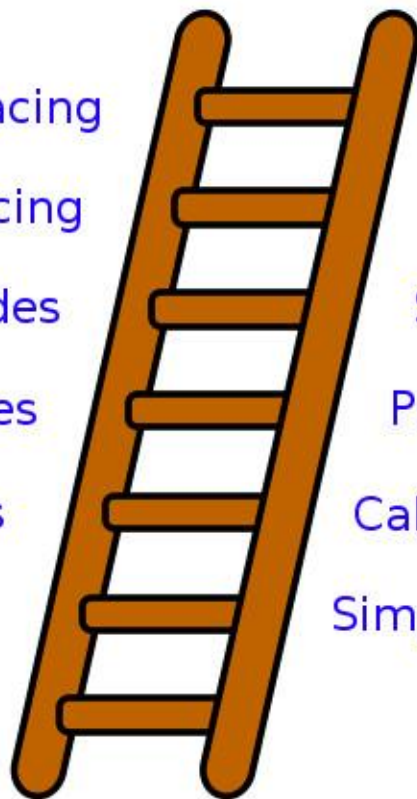
Club training rides

Club social rides

Sportives

New-breed clubs

Fun rides



Surprise major

Surprise minor

Simple methods

Plain hunt

Call changes

Simple exercises





Elite racing

Local racing

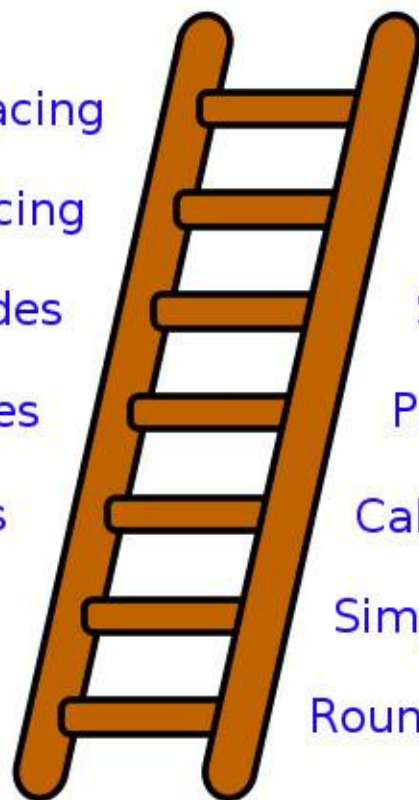
Club training rides

Club social rides

Sportives

New-breed clubs

Fun rides



Surprise major

Surprise minor

Simple methods

Plain hunt

Call changes

Simple exercises

Rounds

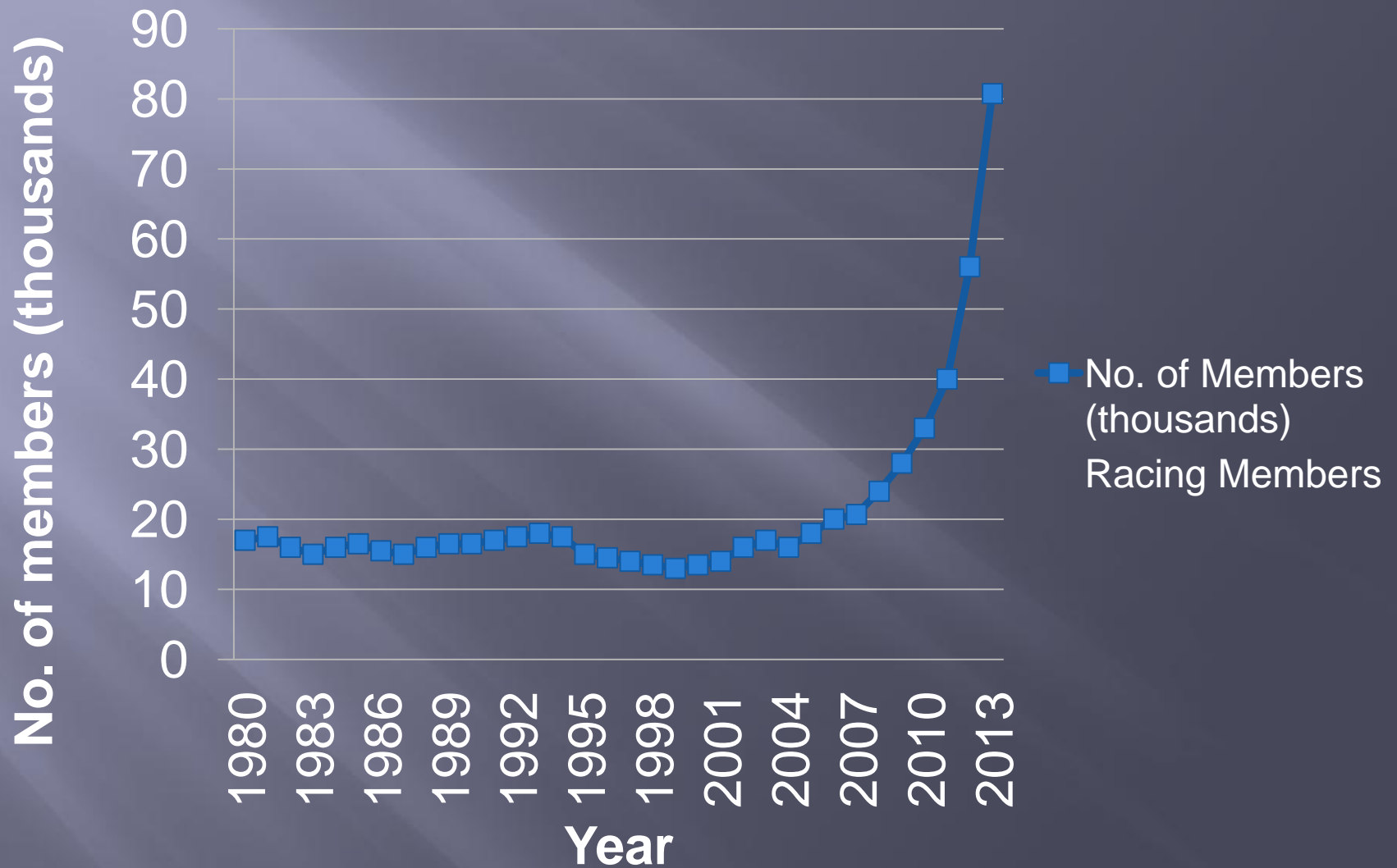


What can be learnt from this in ringing?

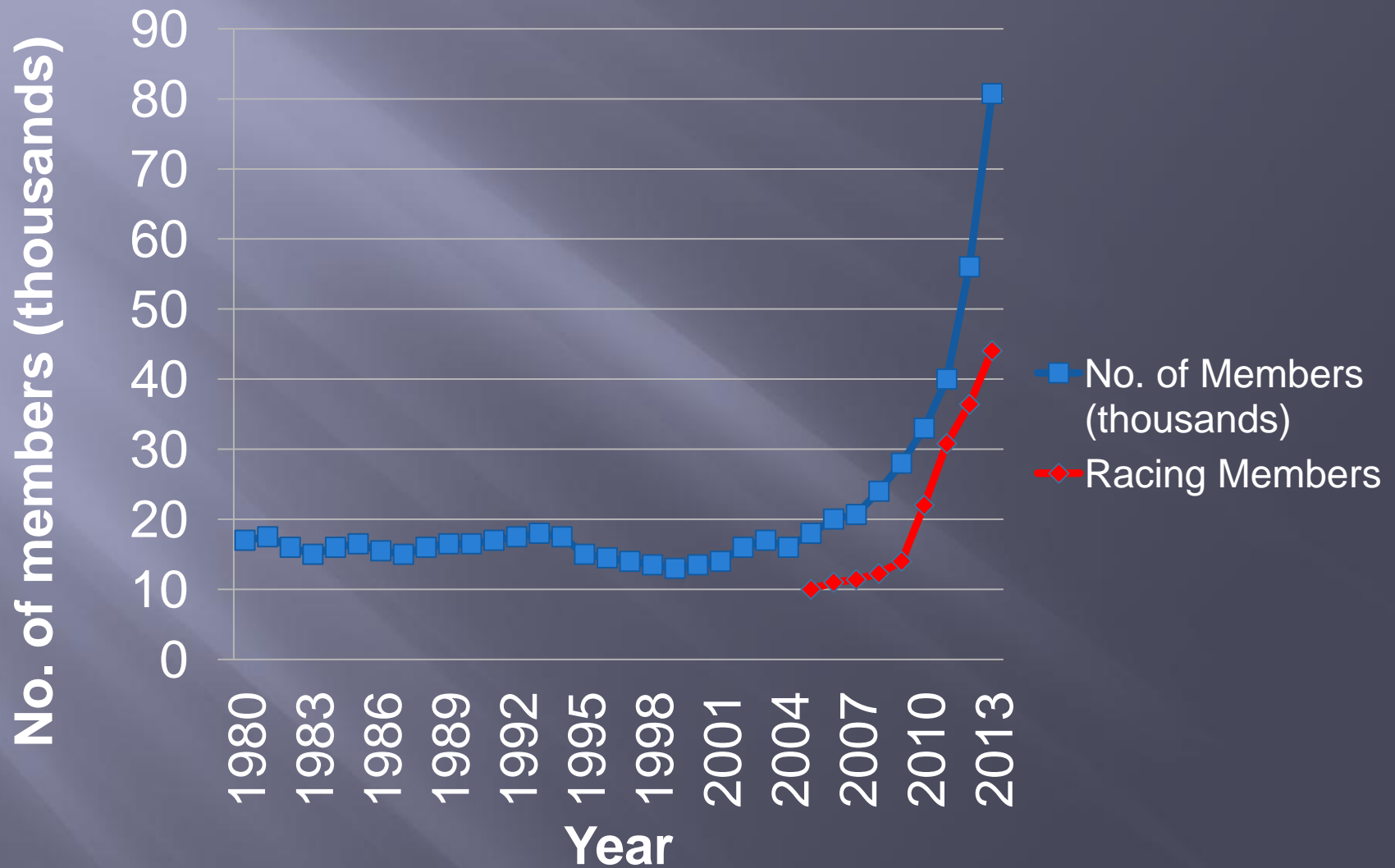
- ▣ CYCLING BEFORE: Traditional club/racing activities:
 - Not easy for novices
 - Little or no growth while only these existed

- ▣ CYCLING NOW: A participation model
 - With more accessible opportunities
 - Has led to huge growth in participation AND in the traditional club/racing activities

British Cycling Membership 1980-2013



British Cycling Membership 1980-2013



Things to Reflect Upon

- ▣ Club cycling and racing are flourishing – ultimately method ringing would flourish with much greater overall participation
- ▣ Experienced cyclists did not (and do not) understand how hard it was to get into the sport – do skilled ringers understand how hard methods seem to beginners?
- ▣ Thousands of potential cyclists did not start cycling while it appeared to be inaccessible and hard.
- ▣ If all new cyclists were expected to progress to become racing cyclists would that discourage newcomers? Beginners need to build confidence gradually.

Things to Reflect Upon

- ▣ There is vast diversity in ability, interest, commitment and standard of performance in cycling:
 - People at different levels of performance do not have to always pursue their hobby together.
 - Some people do not want to/cannot put a lot of time or effort in. People also change.
 - If there was no expectation of going further than rounds and simple exercises, would it be easier to recruit/retain ringers?

Suggestions

- ▣ Well-executed simple exercises, more commonly rung.
- ▣ Greater pride in accurate striking of simple exercises.
- ▣ Bite-size, FINITE, goals are vital in cycling – they are needed in ringing.
- ▣ Allow for very limited involvement – e.g. learn to handle a bell then just ring for Christmas and weddings?
- ▣ Use (say) Christmas as a ‘marketing tool’ or short-term goal – with no further expectation

Keep People Ringing - Conclusion

A strong emphasis on method ringing makes learning to ring and becoming a valued ringer very challenging for many.

- ▣ Value foundations skills more.
- ▣ Value simple exercises (for their own sake) more.
- ▣ Value the accuracy of striking more.
- ▣ Value non-method ringing more.

Keep People Ringing - Conclusion

On the evidence of what has happened in cycling, METHOD RINGING WILL THRIVE if far greater numbers participate with confidence and enthusiasm, without pressure or expectation to achieve a high level of performance.