

Cycling at school

Sports Education

There are six teachers for around 1400 pupils and students at the Lycée Fourcade. They graduated with CAPEPS (“*Certificat d’Aptitude au Professorat d’Éducation physique et Sportive*”) and teach 20 hours a week. They have tenure.

Sports programs in schools are decided by the Ministry of Education and teachers choose three activities for each class.

For example, the choices in the Lycée Fourcade are :

1. Badminton/ Dance / Basketball
2. Athletics / Badminton / Handball
3. Athletics / Basketball / Bodybuilding
4. Athletics / Handball / Climbing
5. Football /Athletics / Badminton
6. Boxing/ Athletics/ Volleyball

Pupils are assessed during the three activities: the final evaluation for the year is the average mark.

Pupils can also practice sports with the **sports association of the school**, but it is not compulsory. We have many teams (girls or boys) in *basketball, handball, football, rugby*. Pupils can also practise *badminton, salsa* and *bodybuilding* and can do *fitness* classes.

Cycling is not possible in compulsory sports education in Gardanne, neither as a compulsory activity nor with the sports association, so we have to find agreements with the local cycling clubs .

Sports clubs : a social must, independently from schooling

The most popular sports and games practised in and around Gardanne are Football, Judo, Tennis or Horse riding...

There is no good serious cycling tradition **in Provence**. Very few cycle tracks (only one in Marseilles, one in Les Pennes -Mirabeau and another one in Vitrolles)

Our area comprises three great cycling clubs : *Vélo Club La Pomme* in Marseilles, *AVC Aix*, *BMX Pennes Mirabeau* and also a few small clubs in different towns.

The Cycling Training Centre in Marseilles

This experience depends on an agreement between the Ministry of Education and the Vélo Club La Pomme-Marseilles

Every year, around 15 to 20 pupils aged between 15 and 19 are selected and they can stay in their own schools, so that they can live with their families until the end of their secondary studies at the Lycée.

ACTIVITY PLANNING : From the beginning of October to the End of May

- Each Monday evening (from 18:00 to 20:00) : **HELP STUDY TUTORING** at the Lycée René Caillié in east Marseilles: Maths, Physics, French, English.
- Each Tuesday evening (from 18:00 to 20:00) : **in winter, BODYBUILDING (inside)** at the Lycée René Caillié and, from April to May, **ROAD or MOUNTAIN BIKE** (outside)
- Each Wednesday afternoon (from 14:00 to 17:00) (all seasons): **ROAD or MOUNTAIN BIKE**
- Each Thursday evening (from 18:00 to 20:00): until the end of February, **SWIMMING POOL** in La Granière and after, from March to May : **TRECK** in Olives Velodrome or **B M X** on La Pomme Yard

And also **Christmas and February Winter Training camps** in Boulouris sports center on the French Riviera for a week.

MANAGEMENT by one sports leader and one school headmaster + three graduate Trainers + two teachers + a medical check-up in Provence Sports Medicine in Aubagne (east of Marseilles)

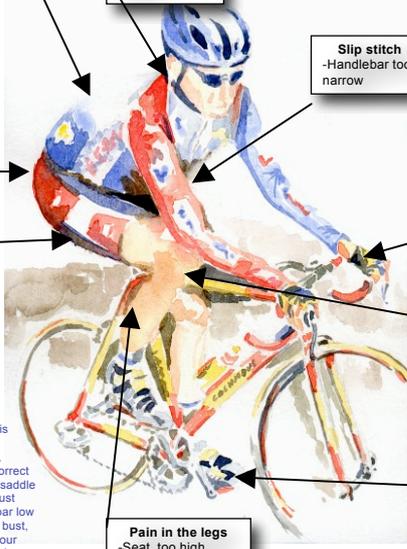
Example of information work done

Marseille Cycling Training Center

Health and Cycling

Posturology : the art of balance :
Dr Claire Condemine-Piron is a doctor specialising in sports – and she chairs the Festina Company foundation

« Only the pains due to the intensity of physical exertion are considered as « normal » .



Pain in the back

- Foremost point of the saddle pointing upward
- Saddle too high
- Frame too tall

Pain in the neck

- Brake hoods not level
- Saddle too high
- Handlebar stem too long
- Helmet too short

Pain between the thighs

- Saddle too soft or too wide
- Saddle tilted
- Position too high
- Pedalling from saddle tip
- Riding shorts neglected

Pain in the hands

- Position at the top of drop handlebars and wrists folded in hyperextension
- Hands on the brake hoods with palms resting on drop handlebar

Mal aux genoux

- Manivelles trop longues
- Selle trop basse (douleur rotule)
- Selle trop haute (douleur creux du genou)
- Position en bec de selle
- Pédalage en danseuse
- trop grands braquets
- Cales usées ou dévissées
- Mauvaise orientation du pied (rentrant ou sortant)

Pain in the thighs

- Position th too low, with knee extension
- Position too high involving hyper extension of legs
- Saddle too wide

Pain in the legs

- Seat too high involving hyper extension of legs
- Pedal handles or cranks too long

Pain in the feet

- Shoes maladjusted
- Pedalling axle warped
- Pathological arches of feet

Slip stitch

- Handlebar too narrow

Not only must you check your position is correct, but also that accessories are correctly positioned : horizontal saddle, adequate fore/aft saddle adjustment, correct distance between handlebar stem and saddle allowing the rider to adopt a inclined bust position with arms half-folded, handlebar low enough to allow a natural incline of the bust, saddle height' adapted to the size of your legs, and also to the length of the pedal handle and to the length of your feet, brake hoods at the same height and sufficiently angled so as to avoid excessive wrist hyperflexion

Posturology points to the causes of many health problems : back pains, arthrosis, scoliosis, vertigoes, tendinites, muscular contractures, dysfunctioning motor skills and so on.

Starting from an anlysis of a function, posture, the doctor links a symptom, e.g. a pain in one of the knees not only to an immediate diagnosis (tendinite or rotulian syndrom for example), but also to the origin of the current problem, sometimes to be found in a static imbalance. Then the ponit consists in solving the original problem in order to prevent recurring wounds.

« In the future, the main way to improve high-level athletes' performances will be to re-program their postural système »

Dr B.Bricot « *La reprogrammation posturale globale* »,

Assessment of Marseilles Cycling Training Center

During the school year 2003-2004, we trained 20 young cyclists, juniors and 15-17 year-old athletes of both sexes.

Now, in November 2008, only **three of them** are professional road racers. (Remy Di Grégorio in Française des Jeux Team, Julien El Fares in Cofidis and Clement Lhotellerie in a Dutch Team)

All the others are now students or young professionals. Some of them have stopped cycling but most of them still practise sports.

Many difficulties remain in prolonging the structure of the Marseilles training centre.

No official recognition from the French Ministry of Education

Excessively limited help from the sporting federations (lack of funds)

Relative reluctance from local clubs, worried about a hypothetical « pillaging » of their most-talented youths by the VC la Pomme Marseilles

In such conditions, the survival of the Cycling Training Centre depended largely on some individuals' goodwill. May those who took part in that experience be warmly thanked for their generous involvement!

So, today we are considering other options.

4. Projects for the future

In the spirit of the European project "School and Cycling", we are now working on two different projects.

First of all, cycling (and other similar sports projects) are going to be supported by the Lycée Fourcade in Gardanne, not only by Marseilles anymore.

First project : for the students of our secondary school

When new pupils join our high school, we ask them to fill in a special form about their sport activities (Do they have a licence ? In what sports? With which club? When do they train? Where? How long are their training sessions? Who is their trainer? Do you they competitions at weekends?) so that we are aware whether they practise sports after school and how long for.

The following grid shows the result for this year. It indicates that the practise of sports continues to decrease in high school, which is a real problem.

What do pupil do?

Many of them (*more than 200 got a licence in a Club*) practises *Sports Combats* like Judo or Taekwando, some others play Basketball, Handball, Football (Soccer) or Rugby. But we recessed also a lot of *Individual Sport Practices* like Dance, Horse- riding, Fencing, Golf, Gymnastics, Moto Cross, Swimming, Ice skating, Tennis, Table tennis, Archery, Twirling Cycling (BMX, mountain bike) and some others more...

So in October, we organised a meeting with all our pupils training in their respective sports, their families and trainers to speak about how we could combine sports and studying in our high school.

At the same time, some teachers work with these pupils on food and health.

Second point : special new courses

In the future, from September 2009 to September 2011, the Lycée Fourcade will try to open three new courses for young sportsmen and sportswomen.

1. The first will be a one-year course to prepare a **BAPAT** (Brevet Technique d'Assistant Animateur, a certificate to become an assistant in a youth centre (for students who are 16 or older, no qualifications will be required to prepare this certificate) so that young men and women will be qualified to help a trainer. They can also work in different youth centres, during the holidays or not.
2. The second project will be a **BTS Assistant Manager**, a French higher education technical certificate which will be sat two years after the baccalauréat (equivalent of the A-Level) or any other equivalent European level. Students will be 18-20 years old and will have to practice part-time in a club or a sports federation. They will thus earn money during their two years training as part-time employees. Today, all European students can do this, on the prerequisite they can speak French
3. The third project is a **short training for European high level young foreigners**. Like cyclists, they will have to be licensed by a sports club like VC La Pomme Marseilles or AVC Aix. In winter, for two or three months, before the beginning of competition, they will be able to attend special lessons to learn French to help them adjust to life in our country. Every day, they will both study at school and train in their clubs. We think that speaking French is not only necessary to become integrated in France while they train over here, but it is also a good thing for their future when they have to choose another job.