

Project: Carrick Dance

Start date: November 2008

Completion date: March 2009

Location: Rural Cornwall

SSP: Penryn

Provider: Kate Loram

Background:

Carrick Dance is designed to introduce Cheerleading as an alternative sport for young people across five secondary school sites.

Carrick Dance will target Key stage 3 and Key stage 4 'semi sporty' teenage girls

Aims & Objectives:

To increase participation of girls in KS3 and KS4 in Out of School Hours Learning (OSHL) activity.

To create school OSHL cheerleading clubs at five secondary school sites.

For these clubs to attend and compete at regular cheerleading competitions across the county.

The aim of these sessions was to keep the attainment level above 60%.



Main achievements:

Over 190 young people participating in Cheerleading Clubs

Over 120 young people competing at Competition level

Equipment available for Cheerleading available at OSHL Secondary School clubs

High levels of retention (93%)



Main Partners Involved:

Partnership Development
Manager for Penryn School
Sports Partnership
Mark Holmes

Cheerleading Instructor
Miss Mhairi Whyte

Sport Unlimited Officer
from Cornwall Sports
Partnership
Tim Marrion

Challenges overcome to reach the project's achievements:

Availability of cheerleading instructors
Locating a venue to host the competitions and clubs
Attracting 'semi sporty' teenage girls

What is still to be achieved?

Development of the clubs as stand alone sustainable community sports clubs
Opening the clubs to Primary School young people to continue membership
Training young leaders to assist at the clubs



What key factors for good practice & advice can you share with other projects?

Taster sessions during curriculum to promote the OSHL club

Consulting with young people about the activity and detail of the club.

The use of high profile coaches/role models.

Working towards an end result, for example a performance or competition.

Headline Figures and Statistics:

175 semi sporty teenage girl participants

1,751 Throughput

163 Retained - attending over 60% of the sessions

Key contact details:

Carrick Dance:

Cornwall Sports Partnership: