

Horringer Scouts – Training plan (Sept 2017)

Introduction/taster session

- Introduction – what we're going to see and do + general Health & Safety
- Bell chamber – parts of a bell, how a bell rings full circle
- Ringing chamber - demonstration of ringing (whole thing), 3 main points (control of rope, technique rather than strength/power, where and how to stand)
 - backstroke only demonstration then practical (2 trainees working at the same time, encourage others to watch)
 - parents then invited to have a go at backstroke (so they will have experienced the same as their sons and can discuss it)
- What happens next – commitment is very important
 - Bell handling course - 6 weeks x 2hrs (badge & certificate awarded)
 - Will then need to decide whether they wish to continue and join the practice night

Training sessions

- The Scouts worked in two groups (Sam & Daniel worked with Jed; Harry, Charlie & Arjun with Rowan)
- We tried to give them equal amounts of rope time but this depended on how quickly they picked up the exercise we were doing. The group of three probably had 20-25 mins each session in 3 or 4 blocks.
- Session structure – sometimes they watched each other working but generally we tried to give them something to keep busy when not ringing ('dead' rope set up for 2-3 weeks to practise rope tying, handring exercise and hand transfers, bell model to learn and test parts of a bell, Taylors DVD, ART DVD – watched together mainly, Abel to hear striking rhythm and cover to doubles, call changes worksheets).
- Breaks/other activities – we tended to break the session at 8pm (after 1 hour) as they were often losing concentration due to tiredness. We often finished at 8.45pm.

Next step

- We did encourage them all to join the local practice at either Horringer or Barrow and Sally Crouch maintained contact with them all. We planned to organise a handover so each trainee worked with their new trainer + old trainer at the first.
- Unfortunately none of them have turned up to a practice yet.
- Badges and certificates were awarded on Sat 25th Nov and the Scouts were again encouraged to join the practice at Horringer or Barrow

One session per week of 2hrs

Where	When	What we did	How	Additional exercises
Norman Tower	Sat 2 nd Sept	Introduction/taster session (2 hrs)	5 Scouts + their parent(s)	
Horringer	Session 1 – Fri 8 th Sept	Bell up - backstrokes only Bell down – ringing partly up Shadowing handstroke (bell partly down)	Hand ring exercise How to check if bell is up or down Tying up a rope Taking care when moving into & out of ringing room	Parts of bell quiz (parents helped) Gave out progress sheet (encouraged them to track own progress)
	Session 2 Fri 15 th Sept	Aim for independent backstrokes Shadowing handstroke then grip (one hand then both)	Rope accelerates so need to keep 'in front' Observed each other's trainees Tested at end -when does bell sound (said 'ding' individually then all came together t discuss)	Parts of bell on bell model Spare rope to practise handring exercise & tying up rope
	Session 3 Fri 22 nd Sept	Focus on handstrokes (started with shadowing & catching) Lifting bell off stay and lowering back again. Pulling off (no tailend) and catching	Tested tying up rope Releasing salley smoothly then hands down to central position Hands together but not overlapping on salley (right above left)	Taylor's DVD – manufacture + other chapters (watched on their own) ART - novice (up to combining hand and back stroke)
	Session 4 Fri 29 th Sept	Starting to combine both strokes. Correct hand grip on salley when holding tail end. Position of hands on backstroke after transfer	Hand stroke only recap. Practise hand transfer (from salley to backstroke) on safe bell first then 'live'. Speed of right hand (faster than left) Backstrokes only (returning to a familiar skill) Single handstroke pull off holding tail end Ringing bell up (no coils)	Start with ART DVD (novice combining hand and back stroke) Ran through completed sheets Hand transfer exercises. Abel demonstration (tenor behind to doubles)
	Session 5 Fri 6 th Oct	Combining both strokes	Recap hand transfer (both strokes) Shadow whole stroke (speed and stretching at both strokes). Correct hand grip on salley. Trying to give them as much control as possible (every other handstroke if possible) Observation to check for any corrections needed	Start with ART DVD again Call changes exercise Chiming a bell (not silenced)
	Session 6 Fri 13 th Oct	Individual work as required (to complete sheet 1)	Ringing bell up (no coils) to stand Give as much time as possible to full stroke ringing to those who are ready	ART quiz questions and more call change exercises (with help) Complete sheets fully and give to them