



# Bike Build Program



## TRACTION

**Young people build and customise their very own bicycle to keep, while building the skills and resilience to thrive.**

The program incorporates elements of bicycle mechanics and maintenance, design, and riding bikes for fitness, resilience and fun!

Bike Build is aimed at ages 12-15 years.

## Program Includes

- Weekly 6-hour workshop for **9 weeks**
- Support for **6 young people**, chosen by your school or organisation
- **2 consistent TRACTION** mentors for the duration of the program
- **54 hours of small group mentoring** for each student
- Team building, leadership, goal setting and self-regulation activities
- Fruit and snacks
- Celebration lunch and certificate presentation in the final week
- Evaluation report on the outcomes of your group
- A custom-designed and painted BMX bike for each young person that they built themselves!

# TRACTION

## Curriculum

- Weekly BMX bike disassembly and rebuild
- Tool introduction
- Goal setting, leadership and team-building activities
- Sanding the bike
- Designing, priming and painting
- Parts check
- 'Gear Up' safe riding program
- Bike assembly and safety checking



## Cost & Contribution

**Please enquire for program pricing.**

A school staff member is also required to support students on site for the duration of the program.

**To book your TRACTION Bike Build program, contact your TRACTION Regional Coordinator or call (07) 3102 9565 today!**



My daughter has gone from not coming out of her bedroom, to going out for a ride every day and working on the bikes at home. She's thinking about her future and what path she wants to go down. TRACTION is one of the best programs around.

TRACTION Parent, Term 4 2021

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