

Coaching Conference – “Pedal Fever”



Cycling Ireland is delighted to announce that “Pedal Fever” is coming to town. A Cycling Coaching Conference will take place on the 13th of November in University College Dublin. This conference is aimed at coaches, managers and cyclists.



Content and Speakers

The line up for the day so far:

-  The Road to Beijing, the Off Road Story - Prof Louis Passfield (University of Kent & British Cycling)
-  The Road to London - Dr. Phil Leigh (Cycling Ireland)
-  How Science can aid your training - Dr. Giles Warrington & Gregory May (DCU)
-  Sports Nutrition - Bronwen Masters (Institute of Sport Northern Ireland)
-  Sports Psychology - Dr. Olivia Hurley (IADT)
-  Lifestyle Management - Ken Lynch (Irish Institute of Sport)
-  Wattbike - Eddie Fletcher (Wattbike)
-  Bike Setup - Aidan Hammond (Bike Fitting)
-  Planning & Periodisation - Paddy Doran (Level 3 Coach)
-  Couple of other speakers TBC

Register

Register early for the conference to avail of the early bird discount;

-  Cycling Ireland Members - €40 before the 15th of October or pay €50 after.
-  Non Cycling Ireland Members - €50 before the 15th of October or pay €60 after (non CI members will receive €10 introductory CI membership).

Contact Rachel rachel@cyclingireland.ie for a booking form or download it on www.pedalfever.net.

Sprocket Rocket

CI is about to launch a brand new youths cycling skills based programme called **SUBWAY® SPROCKET ROCKET**.

This programme will be delivered in Clubs and Schools. This programme is great opportunity to encourage children to take up cycling in a non-competitive environment whilst developing fundamental cycling skills to enable children to cycle safely and with confidence.



Sprocket Rocket is a foundation Cycling Skills Programme which focuses on delivery to youths aged 7 to 11 years old but can actually be delivered to anyone of any age. The SUBWAY® Sprocket Rocket Programme focuses on 4 main skills; Cornering, Pedalling, Braking and Balance.

In order to start the process of delivery and rollout of the SUBWAY® Sprocket Rocket programme we are looking for clubs, schools, teachers and coaches who would be interested in running the New SUBWAY® Sprocket Rocket Programme.

Aisling Hubbard, our newest member of staff, will be starting in her new role as the National Sprocket Rocket Coordinator from the 30th of August. Aisling will be responsible for facilitating and administering the SUBWAY® Sprocket Rocket programme. The delivery of this programme will be done by qualified coaches through clubs and schools. Contact Aisling at aisling@cyclingireland.ie.

Sprocket Rocket Tutor Training Day

CI will be running a training day for coaches wishing to deliver the SUBWAY® Sprocket Rocket Programme in Shoreline Leisure Centre, Greystones, Co. Wicklow on the 26th of September from 10am to 4pm.

Further tutor training days will be organised in Ulster and Munster/Connacht in the coming weeks.

Any coaches wishing to attend this day are advised to contact Rachel rachel@cyclingireland.ie for further information.

What's Next.....

CI plan to develop the Level 2 Sprocket Rocket Programme for each discipline. This will incorporate discipline specific skills for Road, Track and Off Road.

Coach Education

Mountain Bike Leaders Award

Cycling in Ireland is currently experiencing a very positive trend in the numbers of people taking to their bike in order to cycle both recreationally and competitively. As a consequence of this positive trend the whole area of Off Road but specifically Mountain Biking is also experiencing a similar upward trend with ever increasing numbers taking up the sport.

This represents something of a challenge to CI as our existing coaching pathway does not specifically cater for the needs of Mountain Biking.

CI is currently doing a major review of its coach education programme and while there is a demand and need to run coaching courses for each discipline to train up coaches we also recognise that there is a need to develop a Mountain Bike Leaders Award which does not specifically address mountain biking from the perspective of being coached but rather recognising that mountain biking like hill walking requires a very different set of skills that would enable an individual to lead groups or individuals in a safe and controlled environment.

The Scottish Mountain Bike Leader Award (SMBLA) is widely recognised as being an excellent course both in its content, delivery and quality of mountain bike leaders that it produces. It is for this reason that CI has expressed an interest in using the SMBLA model in order to assist the development of our own Mountain Bike Leader Award.

A proposal from CI was submitted to the Scottish Cycling Executive Board in August. Initial findings of this meeting have proved very positive but CI currently awaits formal feedback from the executive board.

Coaching Pathway

Work is ongoing with respect to developing the CI coaching programme.

Following talks with British Cycling in June, CI met with the UCI on the 24th of August to discuss the possibility of the UCI and British Cycling assisting us with the development of our new coaching awards in the form of resources and materials.

Initial outcome of this meeting proved very positive and CI await formal confirmation that the UCI and British Cycling will be able to help us develop and extend our current coaching programme.

CI hope to meet with British Cycling in the coming weeks to further develop these negotiations.

Upcoming Coaching Courses

Please see below list of upcoming foundation coaching courses. There are a number of places remaining on all courses. Contact rachel@cyclingleireland.ie if you are interested in attending any of these.

Keep an eye on the Coaching section of the website for further information on upcoming courses. CI hope to run a number of Level 1 courses in October and November in Leinster, Munster/Connacht and Ulster.

Coaching Resources

A couple of new coaching resources have been added to the Coaching Section of the CI website.

www.cyclingleireland.ie/Home/Coaches.aspx

A **Training Log** is available to download for cyclists and coaches. You might find this useful to keep a diary of your training, etc. Check out the TrainingLog V1.0 on the website. Any feedback welcome!

Other resources include **Bike Maintenance Checklist** and **Goal Setting Worksheet**.

Cyclist Questionnaire

CI is carrying out some research into coaching and coaching provision. The idea of this research is to understand more about the coaching workforce but also as importantly to understand more about your needs as a cyclist.

CI will be launching a Cyclist questionnaire in the next week or so. The questionnaire will be distributed to all clubs, etc and should only take about 5 minutes to complete.

Your feedback is very important to CI, so that we can develop a coaching programme that fully takes into account the needs of the coach and the cyclist. Keep an eye on the CI website for more details.

To Finish

If you have any queries in relation to anything covered in this update or indeed anything to do with coaching please do not hesitate to contact Rachel at rachel@cyclingireland.ie.

Some dates for your diary

11 September – Coaching Ireland's 10th All-Island Forum, "From Playground to Podium", Dublin Convention Centre.

12th Sept – Foundation Level Coaching Award, Greystones, Co. Wicklow. Time: 10am to 6pm

25th Sept – Foundation Level Coaching Award, Belfast, venue TBC. Time: 9am to 5pm

25th Sept – Foundation level Coaching Award, Dungarvan, Co. Waterford. Time: 9am to 5pm

26th Sept – Sprocket Rocket Tutor Training Day, Shoreline Leisure Centre, Greystones, Co. Wicklow. Time: 10am to 4pm

13th November – "Pedal Fever" Cycling Ireland Coaching Conference, University College Dublin, Belfield, Dublin 4. Time: 9:00am to 5:30pm. Check out www.pedalfever.net for more information.



COACHING IRELAND
OILIÓINT ÉIREANN

Rachel Ormrod
Coach Education Officer
Cycling Ireland

p: 01 8551644
m: 086 7802937
e: rachel@cyclingireland.ie
w: www.cyclingireland.ie

