

Coaching Audit

Over the past 8 weeks Cycling Ireland have been carrying out a Coaching Audit of existing Cycling Ireland coaches.

The reason for this audit is twofold (1) to establish an up to date Coaches database with a view to publishing a list of coaches online and (2) to get some feedback from coaches in relation to the whole area of coaching and education within Cycling Ireland.

So far we have had 84 responses to the questionnaire. This response however only represents a very small number of Cycling Ireland certified coaches.

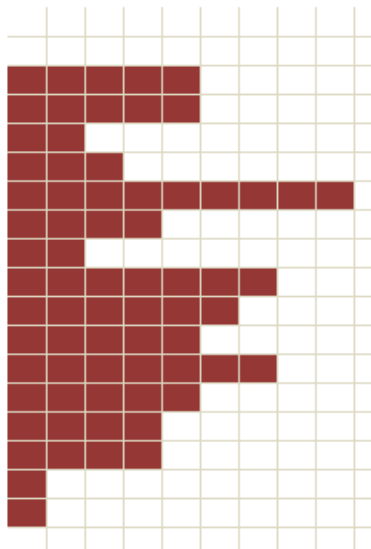
If you are a coach and you have not already completed the questionnaire then go onto the coaching section of the Cycling Ireland website and follow the link.

Coaching Audit Results so far.....

So what feedback has come out of the questionnaire so far:

Questionnaire Feedback

- Lack of CPD Courses
- Lack of Specific MTB Coaching Courses
- Lack of Specific Coaching Courses Road & Track
- Coaching Pathway Not Obvious
- Not enough Coaching Courses
- Better Resources
- Lack of Coaches Database
- Need to develop a Coaching Culture
- Not enough focus on Basic Skills
- Recreational Cyclist - Not catered for
- More Information & Communication
- Support & Follow Up
- Need to be more aware of LTAD (Cyclist Pathway)
- Level 2 Coaching Course
- Refresher Courses
- Course Cost



So what next...

Cycling Ireland recognise that Coaching has not been a major priority over the past number of years and have decided to re-address the balance. The coaching questionnaire will provide us with

very useful information to help us develop and expand the whole area of Coaching Education.

In March Cycling Ireland and Coaching Ireland formed a focus group to look at our current position with regards to coaching and identify the next logical steps in developing and expanding our current coaching pathway. We are actively looking into developing a new level 2 coaching course and I will be able to update you in the coming weeks on how this is progressing.

In addition to this another focus group has been set up along with the Coaching Ireland Adventure Sports framework to look at developing a Mountain Bike Trail Leaders course. Work will hopefully start on this in the coming weeks also.

Coach Education & Courses

Cycling Ireland currently have two coaching awards **Foundation** and **Level One**.

The Foundation award is a one day course, covering a wide variety of subjects aimed at assisting you to begin coaching. The Level One award takes place over two and a half days. This course is an extension of the Foundation Course aimed at further developing and expanding your knowledge in a number of areas related to coaching cycling.

Both the Foundation and Level One courses are made up of theory and practical elements aimed at heightening your learning experience. You will deliver practical elements of the course to other participants to further develop your knowledge on what and how to coach through various different

activities and at different stages of the **Cyclist Pathway**.

Participants **must** first complete the Foundation coaching course before they can go on to do the Level 1.

Cyclist Pathway..what is it?

Cycling Ireland is committed to developing Cyclists at each stage of their development and level of performance. In order to ensure that each stage of the Cyclists development is catered for we need to adopt a structured and progressive approach. This approach not only includes guidelines around training and competition but also incorporates the need for recovery. The Long-Term Athlete Development Model (LTAD), as currently applied in Cycling Ireland, provides a Pathway for Cyclists to develop. This Cyclist Pathway is based on the LTAD model which focuses on best practice at each stage (FUNDamentals (8-11yrs), Learning to Cycle, Spin and Race (12-14yrs), Training to Train (15-18yrs), Training to Compete (18-23yrs) and Training to Win (24-35yrs)) of development and level of performance. This model is vitally important for coaches, teachers and leaders to assist them in best practice at every stage of the Cyclists development.

Cycling in terms of performance, participation and coaching is always evolving and Cycling Ireland needs to ensure that we evolve with the sport. Cycling Ireland are therefore reviewing its existing Cyclist Pathway to ensure a holistic approach to developing a Cyclist whether they come to sport at the age of 8 or 48.

What's happening where.....

A Foundation level coaching course took place on the 23rd of May in Tralee. 14 people took part in the course with representatives from Chain Gang CC, Dolmen CC, Ballymore CC and Kerry Triathlon Club. A great day was had by all on what was one of the hottest weekends of the year so far!

I am hoping to set up a Foundation and Level One Course in Dublin for July and August. Date and venue TBC.

To find out information on upcoming coaching courses check out CI Course Dates on the coaching section of the Cycling Ireland website.

If you or your club are interested in taking part in a Foundation or Level 1 coaching course then contact rachel@cyclingireland.ie for more information.

Other Courses

For information on upcoming courses in your area on Code of Conduct, Child Protection, First Aid, Lucozade Sport workshops, etc check out the course calendar on the Coaching Section of the Cycling Ireland Website.




Sprocket Rocket


Cycling Ireland is currently in the process of developing a new programme aimed at children called 'Sprocket Rocket'. This programme focuses on developing fundamental cycling skills in young riders. Initially we hope to deliver the programme to children aged between 7 and 11 years but there is scope to adapt the programme so that it can be delivered to anyone of any age, new to the sport.

The Sprocket Rocket Programme is a 12 week programme that requires riders to complete skill tests at three levels of difficulty for each basic skill Pedalling, Balance, Cornering and Braking. The riders will then get a certificate for each level completed.

We are currently developing the course resources and over the coming months we will be running Sprocket Rocket tutor training workshops for coaches who will deliver this new programme in clubs or schools. The programme will initially be piloted in clubs over the coming months.

Some dates for your diary

14 June - Basic Bike Maintenance Workshop, Wheelworx, Fonthill Retail Park, Dublin. Time: 7 to 8:30pm. 

15 June - Mountain Bike Maintenance and Safety Workshop, Gravity Mountain Biking Trail, Kilbrittain, Cork. Time: 6:30 to 8:30pm. 

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

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