

Foundation Cycling Award

About

The Foundation Level Coaching Award is the first level of the Cycling Ireland Coaching Pathway. This course is aimed at people new to coaching and those wishing to start on the cycling coaching ladder. The course covers all the basics of cycling coaching and provides you with a good introduction to the principles of coaching and training.

The Programme

This is a one day course, covering a wide variety of subjects aimed at assisting you to begin coaching. The course is made up of both 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.

Course Content

- Cycling Events & Disciplines
- Role of the Coach
- Coaching Principles
- Planning for Coaching
- Practical Coaching
- Cycling Safety
- Coaching Cyclists with Disabilities
- Code of Ethics

Eligibility

- Participants on the Foundation Level Course are required to be 16 years of age

Cost

The course cost is €40.

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