

# CYCLO-CROSS STRATEGIC DEVELOPMENT SUMMARY

For Irish Cyclo-cross Racing, Rider Development, Participation and  
Pathways to International Championships

September 2023

# AGENDA

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- Rider development across all levels
- Cyclo-cross Development Summary
  - Objective
  - The Team
  - Goals
  - Solution
  - Project Outline



# RIDER DEVELOPMENT ACROSS ALL LEVELS

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# CYCLO-CROSS STRATEGIC DEVELOPMENT SUMMARY

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# OBJECTIVE

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- To develop Irish Cyclo-cross to its full potential.
- To provide a defined pathway for developing Irish riders to perform, from entry level through the ranks and eventually to feeding high performance.
- To continuously building and then maintaining Irish team participation at the highest international level.

# THE TEAM

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- **ORC CX Co-ordinator:** Paul Birchall
- **Performance Coach:** Barry Monaghan
- **Technical Coaches:** Conor Campbell & Mark Harvey
- **CI High Performance Head Coach:** Neil Delahaye.
- **ORC Secretary:** Martin Grimley
- **High Performance Development Coach:** Michael Black



# GOALS

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- Put a 5-year plan in place to provide a structured support system for high performance riders that will allow junior and under 23 riders to develop from national, to international competition in the most efficient way.
- Increase awareness of this process and ‘advertise’ this as a goal for younger athletes who dream of wearing an Irish jersey.
- Broaden the development of Cyclo-cross in general by increasing participation and upping the level of competition across the board to include developing the standard of our national league races.

# SOLUTION

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- The Cyclo-cross development team implement a timely plan for athletes with clear objectives and selection processes. Creating a source for educational, developmental, skill progression and team building network for athletes and parents alike.
- Standardising racing. Maintaining a level of course building and event organisation and continue to build on this.
- Increasing participation in National Series rounds. Essentially making it the top of the pyramid for riders aspiring to take racing to the next level.
- Skills coaching. Fitness is key in all forms of bike racing, but we aim to educate the riders that skills are an area for continuous improvement development as they progress. **The best riders do everything well.**
- Attracting and maintaining rider interest in Cyclo-cross.
- Create a clear pathway for young riders to develop into more competitive athletes, feeding into high performance.



# PROJECT OUTLINE

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- Create a defined pathway for developing riders.
- Clear and concise selection process.
- Continued communication with Cycling Ireland and High Performance Unit to build our relationship and support each other.
- Give athletes, parents and coaches direction, goals and targets.
- Provide progress updates to keep everyone informed and assist with funding.
- Further develop our national Cyclo-cross standards with both athletes, event organisers and commissaires.
- Deliver Commissaire and event organiser training.
- Create a database of registered Cyclo-cross coaches.
- Develop Cyclo-cross specific coach training.

# ENCOURAGING PARTICIPATION AT YOUTH LEVEL

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#letthemrace

