

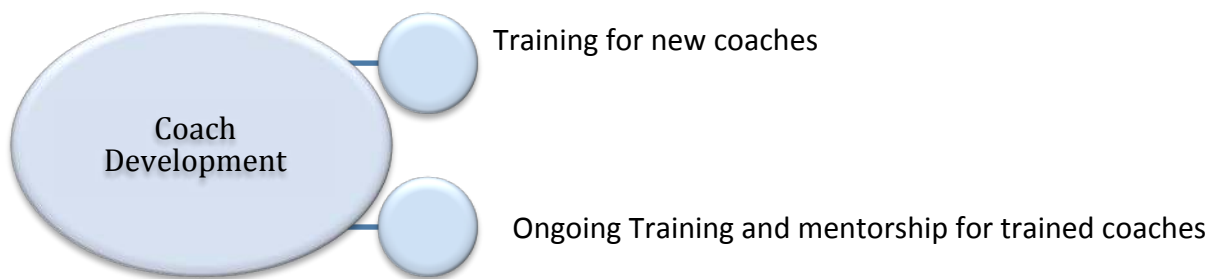


## Coach Development Plan 2017

In 2017 Cycling BC aims to support coach development in the following ways:

- New coach training with the goal of getting more people started
- Ongoing training and mentorship of existing coaches within the province

***In addition, we will provide coaching support to junior riders and riders on the pathway to national teams.***

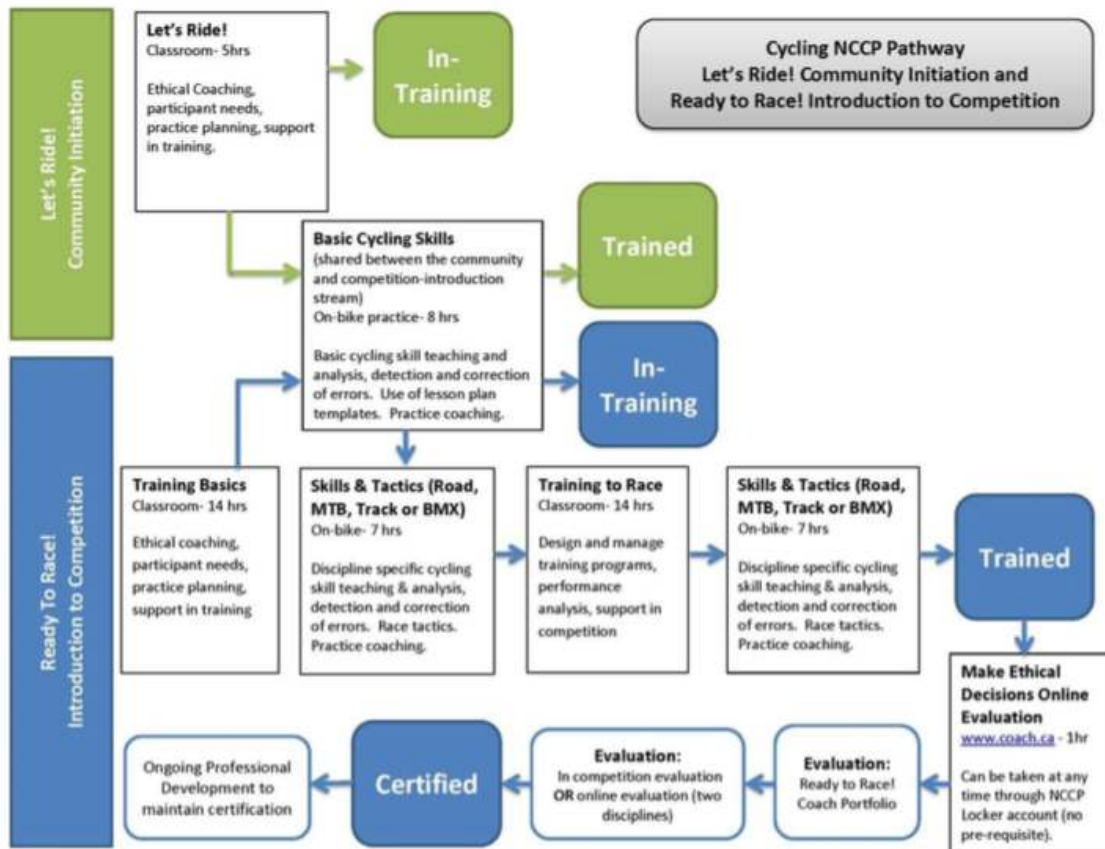


### Objectives for 2017:

- Increase the number of new NCCP trained coaches in clubs with a long-term goal of one NCCP trained coach in all Cycling BC Clubs. Grants are available for up to ten clubs to support the cost of certification courses.
- Increase the pooled of trained iRide coaches.
- Mentor up to five coaches per year: Individuals can submit requests for mentorship and development grants to help with individual coaching or program support.
- Successful completion of our first annual Coaching Conference: Notes and feedback from the first event will help us build out the event for 2018 with the objective of creating a more engaged coach community.
- Update the NCCP Training Manuals: including adding links to videos and newer information on the website. The Cycling BC Coach page will be the home on the web for coaches to come and share ideas and be found by new riders to the sport.
- Implement recommendations from the Responsible Coaching movement.
- Provide free coaching support to U19/Junior riders aiming for Nationals.

## New Coaches Overview

There are two streams for coaches: one for those looking to work with recreational riders: “Let’s Ride,” and one for those looking to work with more competitive riders: “Ready to Race.”



In 2016 we trained over 150 new coaches. We aim to train over 100 new coaches each year, and in 2017 we will help grow the knowledge within clubs and their riders/membership.

By training club leaders in Let’s Ride and Basic Cycling Skills, we hope to eliminate one of the barriers to people joining clubs or forming new clubs: lack of basic cycling skills. The Community Cycling Initiation – Let’s Ride stream can be completed over two days, and provides the skills to start working with new riders on and off the bike.

### Club coaching grants

There are a number of grants available to clubs wanting to participate in this training. Clubs should email [admin@cyclingsbc.net](mailto:admin@cyclingsbc.net) and demonstrate that they have over 8 people willing to

take the coach training. Dates need to be planned between October 1<sup>st</sup> and March 1<sup>st</sup> each year. Cycling BC will invest half the costs (up to \$500) toward this training.

## **Ongoing Coach Training Overview**

We have heard from Cycling Canada and our membership that we need to find more dates for coaches to continue their Ready to Race - Introduction to Competition training. This module consists of 6 or 7 days of classroom and outside training. It can be difficult to find Learning Facilitators (LF) to deliver the full course material in one year and then help with the evaluation.

It is our goal to work with individuals to create plans for coaches to finish this program within one year. We are looking at publishing dates 3 to 6 months ahead of time, and will offer grants to help with travel to Vancouver and Victoria, where we have had the most success getting large enough groups and LFs to run the courses.

### **Requirements to complete the Ready to Race stream:**

#### *Module/Course*

Training Basics (classroom, 14h)

Basic Cycling Skills (on-bike, 8h)

Skills and Tactics- one discipline: MTB, road, track or BMX (on-bike, 7h)

Training to Race (classroom, 14h)

Skills and Tactics- second discipline: MTB, road, track or BMX (on-bike, 7h)

#### *Evaluation*

(a) Make Ethical Decisions (MED) on-line evaluation

(b) Completion of a Portfolio

(c) Completion of a final on-line evaluation.

### **Coach Mentorship Program**

Cycling coaches have and will continue to be at the heart of athlete development. Cycling BC is committed to continuing our support for coaches who wish to work with developing riders. There is a wealth of experience and expertise available to coaches who wish to help support our development level riders on their pathway to national and international competition.

We aim to offer extra support to 5 coaches per year and work with them on a one-to-one basis to provide support in the areas they feel they need development.

#### **Eligible coaches:**

Coaches must demonstrate they are working with riders or groups on the development pathway to National or NextGen teams.

**Cycling BC Coaching Conference**

Cycling BC’s 2nd annual conference is planned for January 27 and/or 28th, 2018.

If you are interested in attending next year, please fill out our short survey or email [admin@cyclingsbc.net](mailto:admin@cyclingsbc.net) for more details and get your name added to list.

<https://cyclingsbc.net/news/2017/02/14/coach-athlete-conference-success-save-the-date-for-2018/>

**Responsible Coaching Movement Recommendations**

The Responsible Coaching Movement has made recommendations for National Sports Organizations, Provincial Sports Organizations, and Clubs/Community Sports Organizations. Cycling BC will implement the PSO recommendations for 2017 (row 1 of the table below)

Priority action items are:

- Signing the RCM pledge
- Adding an agenda item for the AGM to present info about the RCM
- Require all Provincial Team coaches to complete the Respect in Sport training
- Complete criminal records checks on all Provincial Team coaches

Provincial/ Territorial Sport Organizations	Responsible Coaching Movement	Rule of Two	Background Screening	Ethical Behaviour
<b>2016-2017</b>	PTSO signs RCM Pledge.  PTSO commits to engaging clubs in discussions on the RCM at the 2017 AGM (or other annual event).  PTSO conducts an audit of internal practices for 2017 AGM (or other annual event). Report may include: <ul style="list-style-type: none"> <li>▪ Code of Conduct</li> <li>▪ Coach Agreements</li> <li>▪ Policies &amp; Procedures</li> </ul>	PTSO invokes a policy whereby all Provincial Team sanctioned training camps and competitions with minor athletes will require 2 adults in coaching/supervisory roles, One coach/volunteer must reflect the genders of the athletes participating or be of an appropriate identity in relation to the athlete(s)*.	All Provincial Team coaches are screened as an eligibility requirement for working with minor athletes.  All coaching job advertisements require screening as a condition of employment (contractual, volunteer, or otherwise).	All Provincial Team coaches are required to complete the Respect Group training or other comparable training within the year.
<b>2017-2018</b>	PTSO presents internal practices audit to 2017/2018 AGM (or other annual event)  PTSO facilitates discussions with clubs at 2017/2018 AGM (or other annual event) on RCM	PTSO facilitates club discussions on way to implement the Rule of Two at 2017/2018 AGM (or other annual event)	PTSO works NSO and clubs to create an action plan for screening at the club/community level	PTSO endorses the implementation of Respect in Sport training for coaches and volunteers  All Provincial Team coaches have successfully completed the <i>CAC Making Ethical Decisions</i> online evaluation
<b>2018-2020</b>	PTSO produces compliance report on RCM actions  PTSO report annually on RCM compliance	PTSO produces compliance report on Rule of Two practices	PTSO produces compliance report on screening	PTSO reviews ethical training requirements

## **Coaching Support for Riders Overview**

Ongoing coaching support will also be provided for our U19/Juniors on their path to National or NextGen Teams.

We believe that first time riders should be committing more fully to their training outlined in the “Train to Compete” and the “Train to Win” stages of the long-term athlete development in Canada. Riders will train to solidify their sport-specific and position-specific skills and all of their physical capacities. These athletes are aiming to compete in national and international events and we feel this is the right stage to offer more full-time coaching and racing for our BC riders. Riders do not need to be coached by Cycling BC to be part of the BC team, and in some cases this is not the best way forward for riders who can spend more time with their local or club coach.

Cycling BC aims to help increase the riders’ awareness of what it will take to make it to the next step on his or her pathway, with annual periodized training, competition and recovery plans, and including major national and international events. This includes increased contact time, more monitoring of training, high-volume and high-intensity workloads, instruction in topics such as nutrition, sport psychology, recovery, and injury prevention. Optimized skills and tactics also become very important at this stage.

### **Coaching Support Requirements**

Riders need to be targeting National Championships and be able to demonstrate that they are on the pathway to a NextGen or National Team program.

#### **Criteria:**

- Have won a medal at National Championships
- BC race results including participation in Provincial Championships
- Physiological test data

#### **The coaches who can provide this service are:**

TBA (BMX)

Mike Charuk (cross-country MTB)

Richard Wooles (Track and Road)

To be determined (Para)

#### **Eligible riders:**

U19/Junior riders

#### **Process for applying for coaching support or mentorship:**

Email [admin@cyclingbc.net](mailto:admin@cyclingbc.net) with a one-page cover letter and supporting results (for riders) or resume (for coaches)