



CYCLING BC

NCCP COACH TRAINING

DELIVERED BY NCCP LEARNING FACILITATOR:
LAUREN LAN

READY TO RACE! INTRO-TO-COMPETITION

BASIC CYCLING SKILLS

APRIL 7, 2019: 8AM-3PM
BEBAN PARK, NANAIMO

Designed for coaches working with both children in community programs and club athletes ready to try a cycling competition.

Includes an outdoor practice teaching section.

Materials covered include skill breakdown, skill teaching and practice coaching of all 10 basic cycling skills and maneuvers.

LEARN MORE AT:
cyclingbc.net/coaching

*Interesting in coaching at iRide or a local youth or adult club?
Speak with a coach development expert at Cycling BC: 604-224-7433

