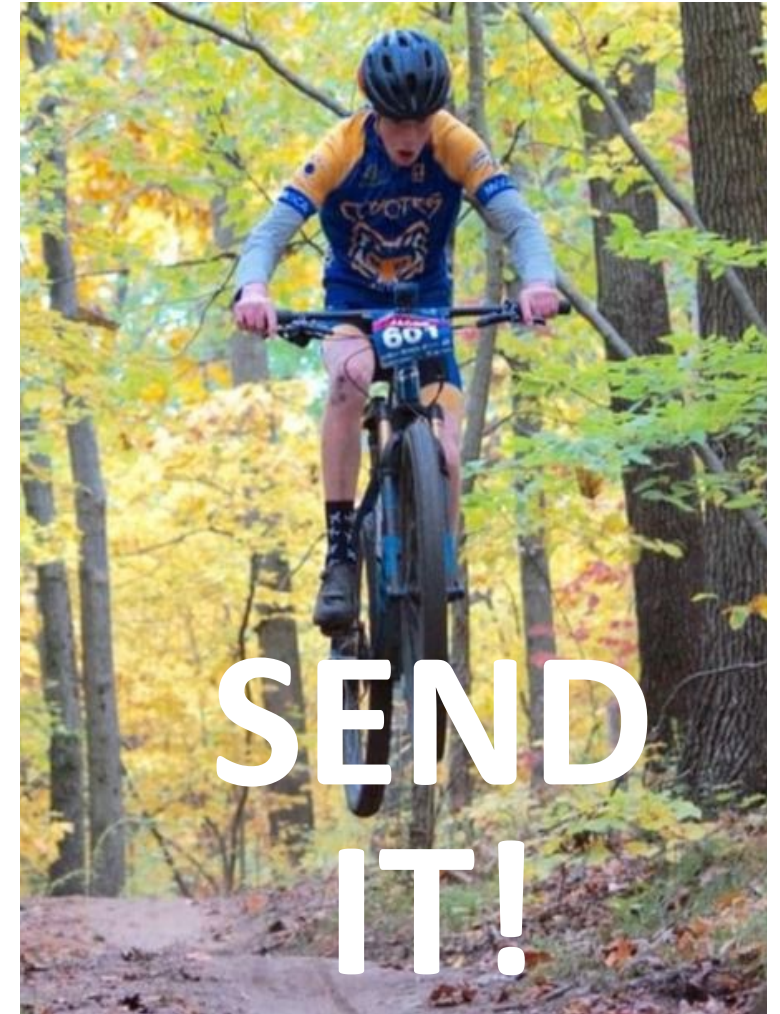


# Coaching Philosophy

We didn't set out to become the best team in the State, instead our approach has been to have **fun** be **positive**, **encouraging** and generate enthusiasm for our sport.

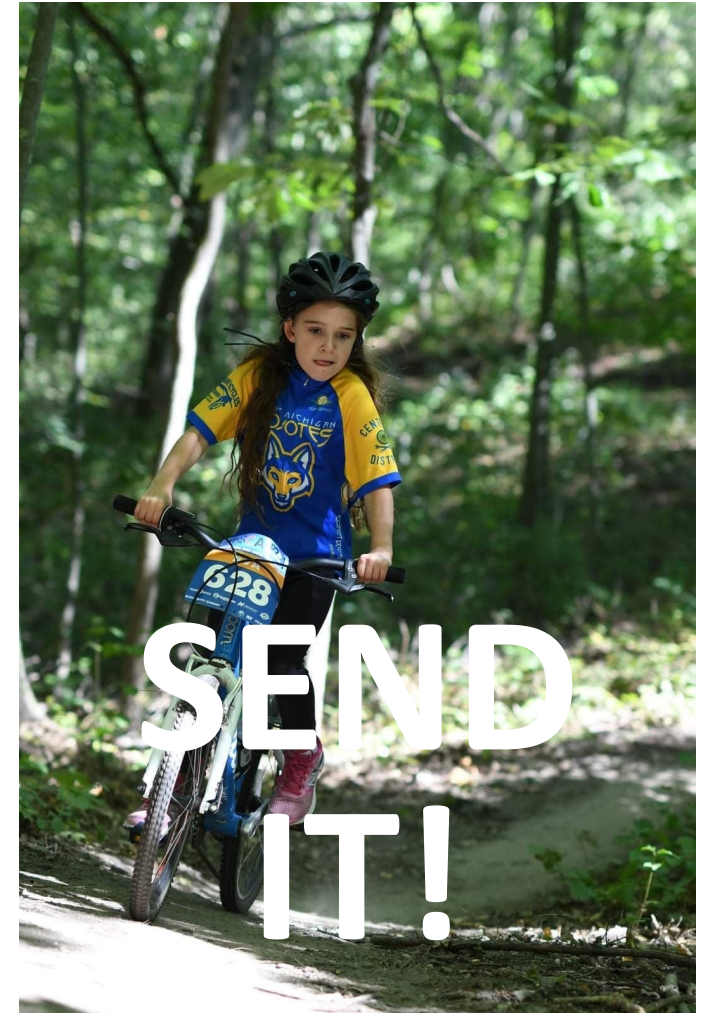
In spite of this we are now the best team in the State, but not because we have a systematic approach to riding or because we treat each practice like a race.

Instead we believe that if kids are having fun and excited about riding together with other kids and adults that love our sport than the success will come all on it's own.



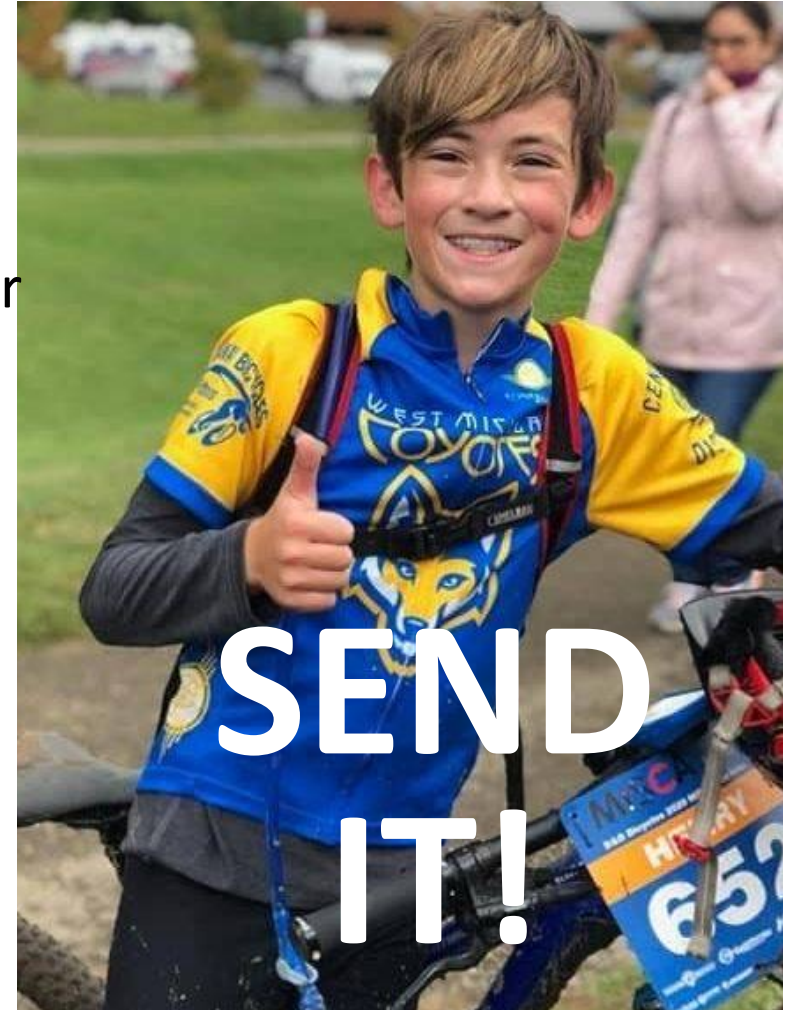
# Coaching

- Use positive and encouraging words to help riders push through challenges
- Provide a pathway to success and help riders to get the support they need to achieve their goals
  - Asking another coach for help (we are in this together)
  - Chat with a parent about what it will take.
- Give ride expectations - what are we working on today; i.e. cornering, climbing, shifting, obstacles, safe passing, race strategy, bike body separation...etc
- Bikes **MUST BE MAINTAINED** - issues can slow down the entire practice



# Who's who?

- **Coach**-This is usually a level 2 or 3 coach who is an experienced rider/racer and can give specific insight and instruction to the kids in practice. They also help to determine the level of effort/challenge for that particular ride.
- **Ride Leader**-This is a rider capable of leading the group and controlling the pace as well as calling out upcoming obstacles, turns and pausing when appropriate.
- **Sweeper**-This is a critical position that helps to keep the riders all together and safe on the trail. The sweeper is ALWAYS last and is never in front of any riders within their group.

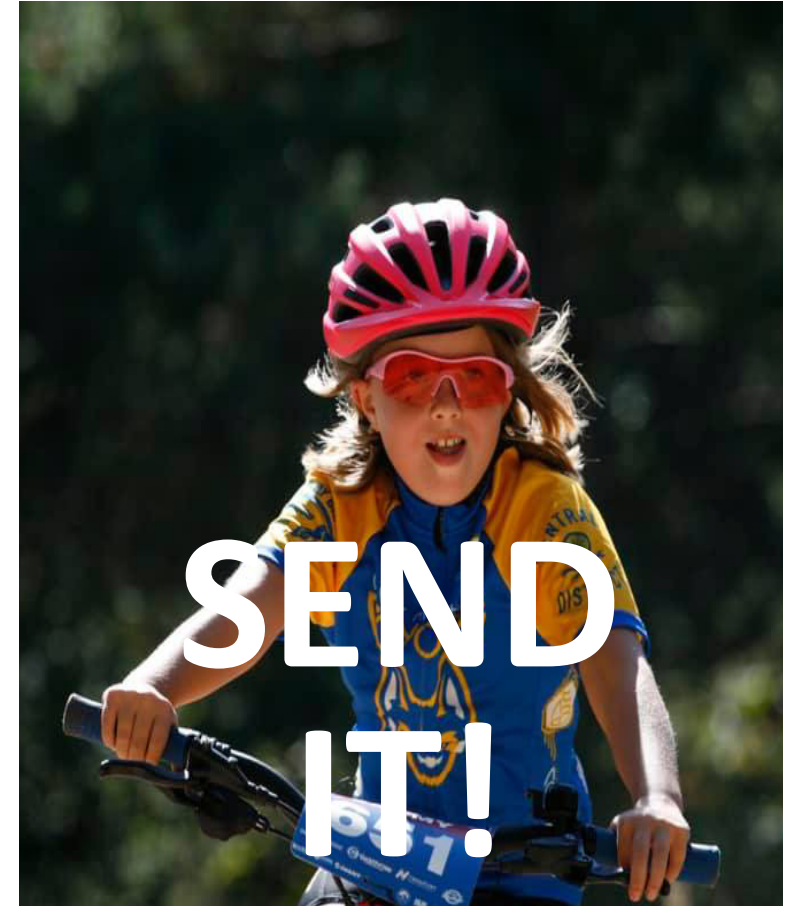


SEND  
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# Typical practice

- Coaches set up each color placard and have a physical roster of their group. Coaches call riders over for check in.
  - All riders must sign in/sign out
- Ride leaders and sweepers are designated
- Quick safety check
  - Handlebars tight
  - Wheels tight
  - Tire pressure
  - Helmets strapped
  - Water bottle/medication



# Typical practice...cont.

- Riders set out on designated course route
- Coaches work on specified skills
- Sweeper and parent volunteers encourage
- Most practices are a 1 to 1 ½ hours
- Riders check out on roster



# Things to remember:

- All practices should be considered 'No drop' rides
- Practices are not races
- Safety of all riders is #1 priority
- Have fun and be encouraging
- Riders check out on roster
- Evaluate rider pace/group as season progress, make changes if necessary
- Skill training dates:  
[https://www.miscabike.org/?post\\_type=tribe\\_events&eventDisplay=list](https://www.miscabike.org/?post_type=tribe_events&eventDisplay=list)
- CPR/First aid training: June 15<sup>th</sup>, (6 to 7 p.m.) Spring Lake AC

