

Coyotes coaches should do the following at each practice:

-Give ride expectations

-What are we working on today; i.e. cornering, climbing, shifting, obstacles, safe passing, race strategy, bike body separation...etc

-Remind other adults/coaches what expectations are:

-Ride leader is not coaching directly but setting pace and calling out corners, obstacles, climbs, descents. Pace should be pre-determined and should be reigned in or controlled by middle pack leader

-Sweeper must be the last rider in the group and should always be in close proximity to the last few riders.

-Groups can run a 2nd sweeper or additional ride leader in case of any issues that arise.

****No athlete should ever be left alone on the trail****

-Go over trail direction and intersections prior to ride

-Check that all riders have a properly fitted helmet and water bottle

-At least one ride leader should have first aid kit

-At least one ride leader should have a tube/pump or CO2 tire kit, tools for minor repairs (quick link)

-Practice is not a race and expectations for pacing should be set. If a rider wants to go harder than the group, then arrangements on trail should be made. For example: if a rider wants to go for a KOM or similar pace on trail it should be done with some communication to the ride leader and a meet-up to re-gather with group should be determined.

-All of our rides should be considered no-drop rides and if needed the entire group can wait for the sweeper.

-Coaching should be done from behind, so if possible a ride leader capable of pace changes and coaching riders (on set of skills determined prior to practice) should be doing so where bike/body can be observed in real time.

-General expectations of riders/coaches and parents.

-Our goal is to create a positive and fun environment. That means we use positive and encouraging words to help our riders to push through challenges and we support one another since we know that doing so will not only encourage other riders but give yourself a boost at the same time.

-Performance and improvement is important and being fast is fun. Coaches need to provide a pathway to success and help riders to get the support they need to achieve their goals. For some this might mean asking another coach for help (we are in this together) and for others it might mean a chat with a parent about what it will take. The 'Secret' to being fast is that there is no secret, you have work hard and put in time outside of structured practice if this is your goal.

-Bikes **MUST BE MAINTAINED!!!** Mechanical issues happen, but we want to mitigate this problem by asking that coaches and parents pay attention to issues that riders are having (slow shifts, noisy chains, loose headsets, wheels out of true...etc.) The issues can slow down the entire practice and can even cause a rider to miss out completely. This is not something that should be done at practice but should be done prior. With the

increased demand for bikes and bike parts this will be an issue and riders/parents should reach out to our sponsor shops for help. \

- *Freewheeler in Grand Rapids

- *Spinful Bike in Grand Rapids

- *Breakaway Bicycles in Muskegon/Grand Haven

Coaching training dates are available in multiple locations

CPR/First Aid training is also set for June 15th at the SL aquatic center.