

CLINIC: Community Initiation Cycling Course, April 15

Let's Ride! Community Cycling Initiation:

Let's Ride! Community Cycling- Initiation (CCI) is the NCCP context for coaches who will primarily work with novice, pre-competitive cyclists at the community level, including participants in the Active Start, FUNdamentals and early Learn to Train stages of athlete development. The program is simple, based on a number of pre-designed lesson plans, and adaptable to the varying skill and ability levels of participants. The focus of the program is on having participants develop skills which are basic to MTB, BMX, and Road, in a controlled, off-road, off-trail setting such as a sport field or parking lot.

CCI training has two parts – the "Let's Ride!" CCI workshop (5 hrs), and a Basic Cycling Skills workshop (8 hrs). The first workshop provides information on ethical coaching, participants and their needs, basic practice planning, equipment and other important information for coaches of beginner cyclists. The second workshop provides an opportunity for "on-bike" practice in skill teaching and analysis, practice coaching and use of provided lesson plans. On completion, coaches have "Trained" status in NCCP.

DATE: April 15,2012

TIME: 9am-4pm (1 hr lunch)

LOCATION: Sport for life Centre (145 Pacific Ave). Please check-in at front desk

COST: \$60.00

FACILITATOR: Ruth Schappert