

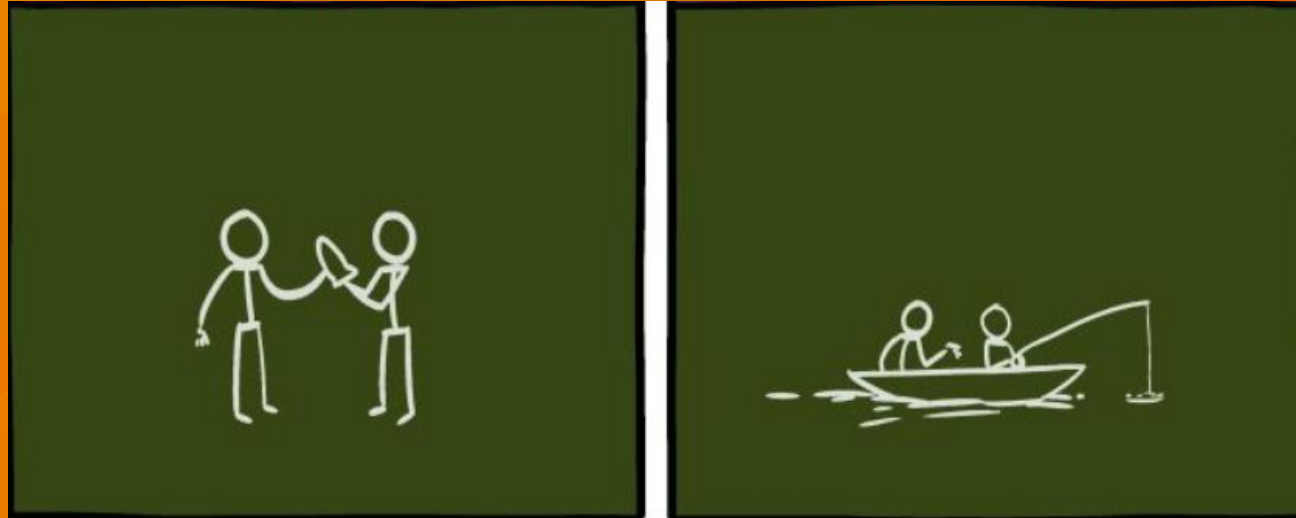


Learning to Fish

Workshop 1

Objectives and Process

Learning to Fish



Give someone a fish, feed them for a day
Teach them to fish, feed them for life

What are we doing on a Saturday?



Coaches' Role?

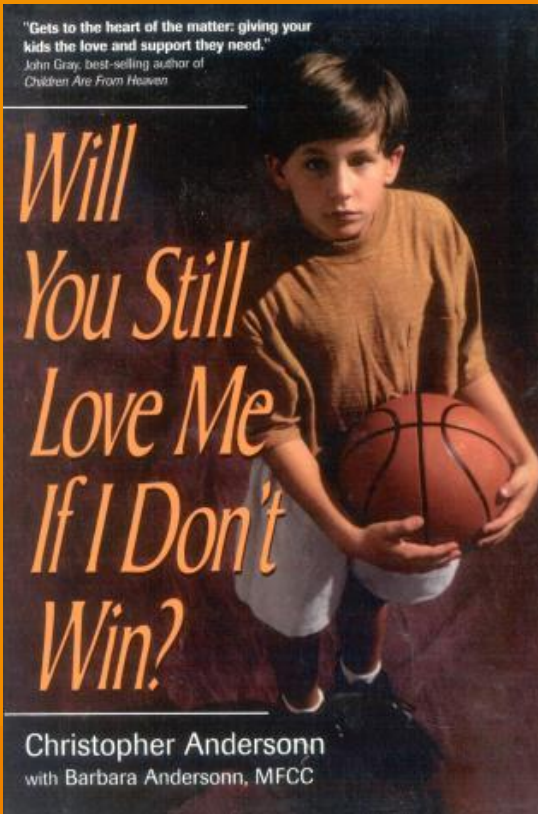


- a) Help you do better than we did at your age !!!
- b) Source of all knowledge on “The best way to success”
- c) Get more riders onto BC’s Performance Pathway
- d) Help you achieve your full potential toward YOUR goals

What are your goals?



How about Parents?



Don't worry – We are not giving parenting lessons

There ARE brilliant resources we can share on supporting your young athletes

- UK Coaching
- Sport England
- Parentsinsport.co.uk

- Setting SMART goals & objectives
- Building a training plan around your objectives
- Understand training is not just “pushing harder”
 - Skills & Tactics
 - Nutrition on & off the bike
 - Mental resilience
- 2022 races & events
- British Cycling’s pathway & Alex Franks’ journey
- How parents can support young athletes
- YOUR additional topics





See you in Zwift !

7:30 start with Martin and Duncan