



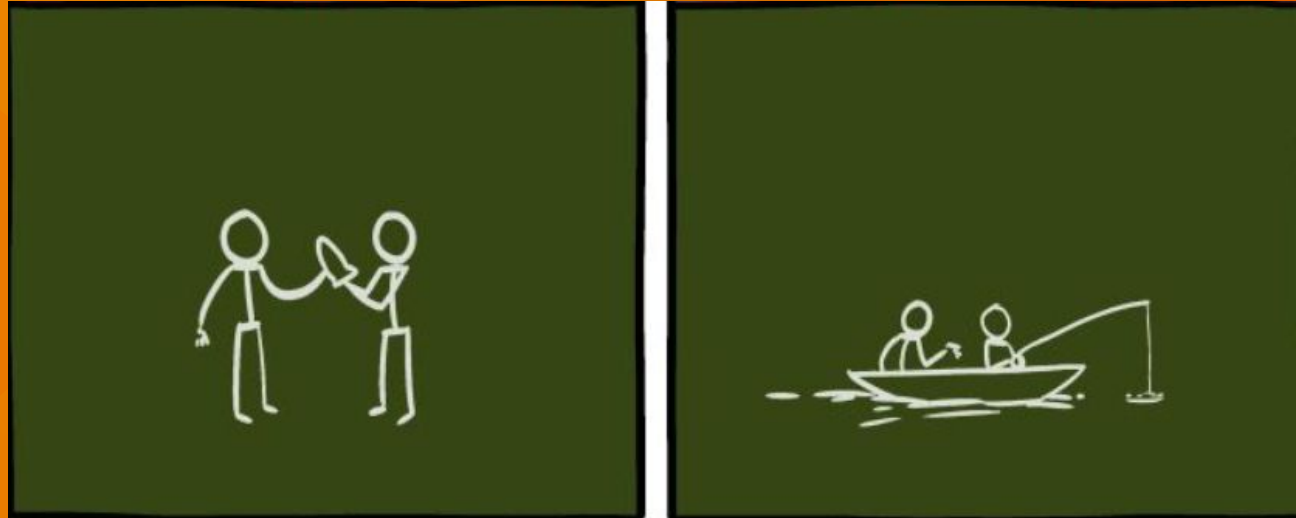
Learning to Fish

Workshop 7

Supporting your Young Rider
toward Their Goals

(mention recording)

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?






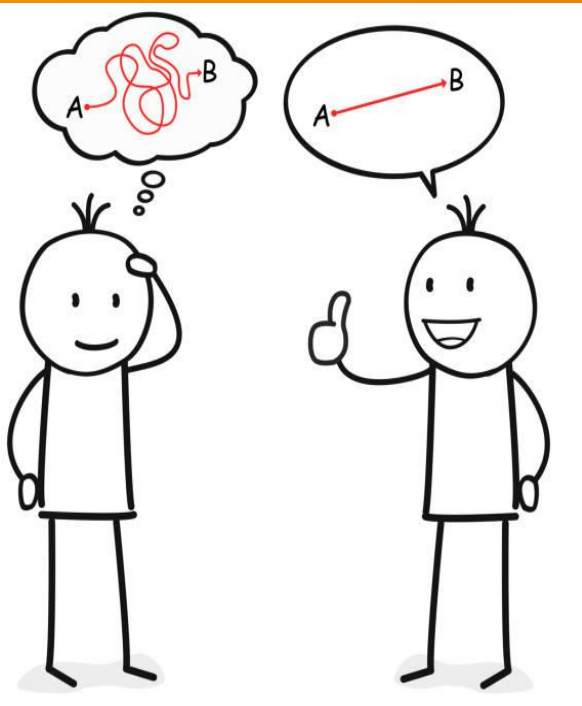
- Setting SMART goals & objectives
- Building a training plan around your objectives
- Understand training is not just “pushing harder”
 - Skills & Tactics
 - Nutrition on & off the bike
 - Mental resilience
- 2022 races & events
- British Cycling’s pathway & Alex Franks’ journey
- How parents can support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

Coaches' Role?



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- 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

SMART Planning Template



- SMART Goals
- Target Events
- Event Demands
- My Strengths & Weaknesses relative to Demands
- My Constraints I cannot change
- SMART Strategies & Objectives
- Event Demand Categories to Consider (as a guide)
- (Download template from “Learning to Fish” page)

Annual Planner Diary



- Target Event dates
- 12 month training strategy
- Weekly plans, including recovery
- Daily sessions incorporating your SMART Objectives

- (Download template from “Learning to Fish” page)

Resources for Parents

Working with Parents in Sport: <https://www.parentsinsport.co.uk/>

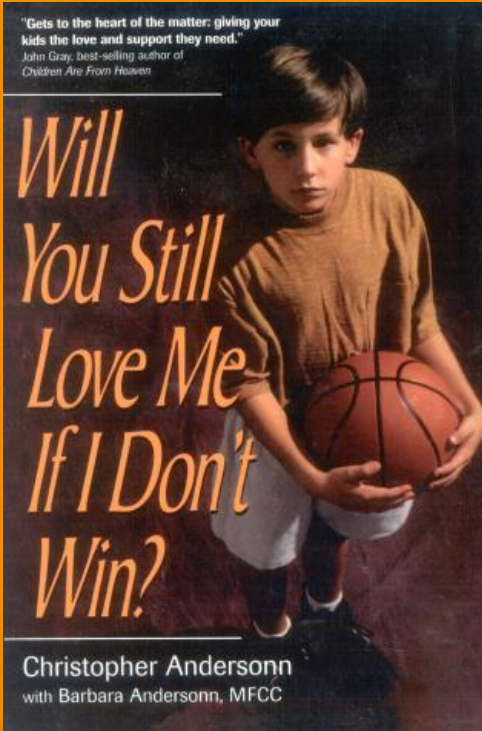
- Articles: <https://www.parentsinsport.co.uk/2019/03/10/how-can-you-help-motivate-your-children-when-it-comes-to-their-sport/>
- Videos: <https://www.parentsinsport.co.uk/2019/09/01/top-10-tips-for-being-a-successful-sports-parent-2/>
- Podcast: <https://www.parentsinsport.co.uk/2020/06/22/parents-in-sport-podcast-a-conversation-with-denise-lewis-obe/>
- Online courses: <https://www.parentsinsport.co.uk/2021/10/14/new-learning-course-platform-launch/>

UK Coaching: <https://www.ukcoaching.org/resources>

- <https://www.ukcoaching.org/resources/topics/tips/top-tips-for-parents-in-sport>
- <https://www.ukcoaching.org/resources/topics/expert-opinions/encouraging-parents-to-be-part-of-the-team>
- <https://www.ukcoaching.org/resources/topics/diagram-infographic/ways-to-improve-your-child-s-experience-of-coachin>

British Cycling: <https://www.britishcycling.org.uk/talentdevelopment?c=EN>

- **Learning to Fish 22 February: Rob Sharmin (BC Talent Coach) & Alex Franks (Slipstreamers)**
- <https://www.britishcycling.org.uk/go-rideracing?c=EN>
- https://www.britishcycling.org.uk/events?search_type=upcomingevents&zuv_bc_event_filter_id%5B%5D=34





See you in Zwift !

7:30 start with Martin and Duncan