

Level 1 Road & Track Coaching Course Information Sheet

The Level 1 Road & Track Coaching Course (L1 R&T) has been developed by Cycling Australia in line with the Australian Sports Commission (ASC) Guidelines for the Design and Registration of NCAS & NOAS Accreditation Programs. This coaching course provides coaches with opportunities to learn, to study and be assessed for both the theoretical and practical aspects of coaching road and track cyclists.

The L1 Road & Track Coaching Course is submitted for accreditation to the National Coaching and Officiating Unit for National Coaching Accreditation Scheme (NCAS) alignment. As a result, it is a nationally recognised coaching course and directly linked to the ASC Coaching and Officiating Unit standards for coaching.

Introduction

The L1 R&T is a coaching course aimed at people who want to coach club level and state/territory championship level R&T riders to develop and advance their R&T technical skills, riding fitness and racing skills. The coaching course addresses generic coaching and its application to R&T coaching, and teaches coaches how to nurture and develop R&T riders. The accreditation allows you to independently plan, prescribe and evaluate R&T training for R&T riders. The work of coaches at this level will be vital in supporting new, developing riders and enhancing the performance of existing riders.

Pre-requisites

Candidate coaches are required to:

- be at least 16 years of age
- be an accredited NCAS Road and Track Skills coach
- be a financial member of Cycling Australia
- have a valid working with children background check relevant to your state/ territory.



The Aims of the Coaching Course

The coaching course aims to provide coaches with an introduction to the principles of training, and the

planning, implementation, analysis and revision of R&T coaching programs. This is achieved through an understanding, and the application, of the underpinning knowledge of the NCAS Accreditation Program specific to R&T.

Coaching Course Objectives

At the successful completion of the L1 R&T coaching course, the coach will be able to:

- demonstrate an underpinning knowledge of R&T
- explain the roles and responsibilities of the Level 1 R&T coach
- correctly set-up a road or track bike for a rider
- assist riders to develop and improve skills through a range of coaching techniques
- plan, evaluate and conduct a series of coaching sessions for beginner and intermediate level riders
- plan, evaluate and modify a season training plan for a road or track rider, incorporating periodisation
- manage the safety requirements of coaching R&T
- identify and apply the introductory concepts of sport science to R&T coaching
- assist riders to use basic nutritional strategies for sports performance
- advise riders regarding anti-doping issues
- cater for the physical and social development of all riders.

Module Outlines

The coaching course is composed of 11 mandatory modules:

Day 1 Modules

- **Introduction** - an introduction to the coaching course, its demands and resources, and the remit of the Level 1 R&T Coach

- **What is Road & Track Cycling** - an introduction into R&T and the history of R&T, plus an outline of the roles and expectation of the R&T Coach
- **Risk Management** – identify the safety requirements relating to R&T and the R&T environment, and outline how to maintain a safe coaching environment
- **Equipment & Bike Set-up** - identify bike, helmet and clothing appropriate for R&T training and competition, as well as performing the correct set-up of a road or track bike for the needs of a rider.
- **Road & Track Skills & Tactics**- identify the ideal model of performance for R&T skills and tactics, compare this to a rider's performance and use it to give feedback and improve a rider's skills and tactics.

Day 2 Modules

- **Introduction to Planning** - includes how to plan a series of R&T coaching sessions, and the importance of long term planning, goal-setting and evaluating
- **Introduction to Sports Science** - an introduction into sports physiology, psychology, biomechanics, nutrition and strength and conditioning and their application to R&T
- **Inclusive Coaching** - how to include everyone into your R&T coaching sessions
- **Physical Conditioning** - an introduction into the components of fitness, principles of conditioning and energy systems that are important to R&T training and competition
- **Planning a Season** – periodisation and how to develop a season plan for your riders
- **Anti-Doping** - an overview into the importance of anti-doping in R&T and the process of drug testing for riders

Assessment

Assessment of the L1 R&T has several components:

- There are two observations of practical coaching. One of these is conducted on Day 1 of the coaching course and the other is conducted after the course.



- Written assessment tasks – tasks are completed during the coaching course and as home study following the completion of the coaching course. These tasks include short answer questions and the planning of a season's training for a road or track rider
- Practical coaching experience log – you are required to undertake 30 hours of assisting and conducting coaching sessions for R&T riders under the guidance of a coaching mentor.

The Coaching Course

The L1 R&T is an interactive and practical course that introduces you to the basics of coaching and R&T techniques and equipment.

You will be required to take part in a practical on Day 1 of the coaching course, therefore you are asked to dress in clothing suitable for R&T activities and the weather, including wearing appropriate footwear (the practical activities will be conducted on and off the bike). You will require a helmet and a road bike (which is in good working order and safe for participation in the session).

The coaching course is two days of face-to-face training that includes discussion, presentations and workshop activities. At the start of the coaching course, you will receive all of the resources and documents that you need during the course. You will receive feedback on your progress throughout the course and will be encouraged to develop a personal coaching action plan.

On successful completion of the two days, you will then embark on a period of self-directed learning and written assessment tasks.

Self-directed learning and written assessment tasks

You will be required to complete some home study learning and a number of written assessment tasks. The assessment tasks must be completed within one year of attending your training program. Support is available to help you understand and complete your home study tasks. If you have any questions regarding these tasks, you are encouraged to contact Cycling Australia or the coaching course Presenters.

Recognition of Current Competency

If you have covered some of the knowledge content of the L1 R&T modules previously, you may apply for Recognition of Current Competence (RCC). This will mean that you bypass one or more of the course modules. You will have to provide satisfactory written evidence that all of the learning outcomes (of the relevant module) have been met. Details of the RCC application process, full RCC guidelines and a list of outcomes are available from Cycling Australia.