



Cycling New Zealand Coaching Qualification Opportunity

Cycling New Zealand Level 1 Sport Coaching Accredited Course – Two courses combined (for price of one)

- Track
- Road

Arrangements are being made with Cycling New Zealand to hold two Level 1 Accredited Sport Coaching courses at the SIT Zero Fees Velodrome in Invercargill.

It is intended to hold the courses on either the weekend of 2nd/3rd May or 9th/10th May 2015.

The planned session (including both courses) is for 2 days *plus an evening session on the night before*. The evening session will cover Risk Management and Child Protection and maybe Session Planning. One day will be dedicated to Road and one day to Track, with some generic inputs on both of these repeated to ensure coaches who are attending only one of the disciplines.

This is a great opportunity to **become formally qualified/accredited for both courses over 1 weekend** – normally this programme would involve attending two separate courses.

This Level 1 programme is suitable for 18 years and over and gives new or existing coaches, parents and teachers a solid framework for coaching Track Cycling and Road Cycling.

The Programme will be facilitated by Chris Foggin Education Manager Cycling New Zealand.

The programme includes modules as follows

- Role of the Coach
- Coaching Communication & Presentation Skills
- Group Management
- Session Planning
- Risk Management & Child Protection
- Road and/or Track core skills
- Practical Coaching Session

Evaluation

A formal evaluation process occurs as part of the Coach Course post course with participants demonstrating application of principles/capability through development of a desk-top training schedule involving:

1. 3 x sessions of verified delivery
2. 1 x self-reflection for each session delivered
3. 1 x Risk Management Plan, relating to all session delivery
4. 1 x observed session by a supervisor or more experienced Coach/Instructor (any sporting code)
5. 1 x observation of another coach (any sporting code)
6. Complete First Aid Certificate
7. Complete Police Vetting Procedure
8. Code of Ethics signed and adhered to

The above to be complete within 3 months, however a further 3 month extension may be granted if there are genuine reasons e.g. illness, overseas, work commitments etc

Course Cost

The courses are cost neutral therefore the course fee is \$450 per head – covering programme costs, morning and afternoon teams/lunch.

Members of Cycling Southland - as at 1 February 2015 - who successfully complete the course will receive a 50% course fee refund.

Accommodation/meals etc are the responsibility of the individual over the weekend

Numbers Required

Course numbers will be set at a maximum of 20; a minimum of 12 confirmed attendees are required to go ahead.

Note: The programme is also being offered to Cycling Otago and Cycling Canterbury, so places may be limited.

Future Courses currently being planned:

- **Introduction to Track Cycling Instructor Training** – this course teaches instructors the skills to be able to teach the Introduction to Track Cycling modules
- Introduction to Road and Every day Cycling Instructor Training – This course will teach instructors the skills to be able to teach the Introduction to Road and Everyday Cycling Programme
- **Introduction to Track Cycling Instructor Training** – This course teaches instructor the skills to teach Introduction to Track Cycling which is an interactive programme designed to give participants the fundamental skills for riding a fixed wheel on a banked velodrome and introduce them to racing – similar to Wheelers and Flyers.

Note: To be involved with Cycling Southland Squads and delivery of Community programmes (e.g. Learn to Ride, Track Start, and Wheelers/Flyers etc) moving forward a formal coaching qualification as above will be required. These requirements are also being promoted through OH & S legislation and will be introduced over time as coaches become available and attend/complete Cycling New Zealand accreditation requirements.

Course Nomination /Expression of Interest

- If you would like to register your interest in attending the **Level 1 Sport Coaching Accredited Course** – subject to final confirmation of costs/dates etc - could you please complete the attached Expression of Interest (EOI) form and turn to me by Wednesday March 11 2015. This will enable us to determine viability of running the programme – EOI/nominees will be advised of confirmation of the course and dates successful nomination or otherwise by Friday 20th March at which time formal registration and payment of course fees will be required from those attending.

Vacancy

Expressions of Interest will be sought and an appointment will be made in the near future to **the** position of Coach and Development Manager (Performance and Community) reporting directly to either to the Executive or the GM. The Coach and Development role would be responsible for delivery of high quality athlete/technical and Community Development Programmes to add value to our cycling community. It will require a minimum qualification of Level 1 Sport Coaching Accredited Course.

Activities/areas of Responsibilities include:

- Implementation of Sport and Community pathways for athletes-
 - U15/U17/U19/HP /Sprint and Road Squads
 - Schools Programmes
 - Wheelers/Flyers accreditation Programme
 - Commissaries/Coaching Courses/currency

- Introduction to track
- Introduction to road
- Implementation of development pathways for Coaches/officials /Technical official training/
- Athlete retention and support (inc development programmes)
- Compliance to relevant policies and regulations
- Community/Pathway programmes
 - Cyclofit
 - Presidents Convoy
 - Lunch Roll
- HP Development Hub liaison
- Southland Academy relationship management
- Southland Event Team management – national/Interprovincial
- Talent identification

The Coach and Development Manager (Performance and Community) role will be responsible for coaches responsible for the following proposed areas – refer Figure 1 below:

If you have any queries please call. Thank you for your consideration of this programme.

Regards

Brian Broad

General Manager – Cycling Southland

Figure 1 Sectional Areas/ Coaches reporting to the Coach and Development position

Performance				Development				
High Performance Elite Masters	U17 <ul style="list-style-type: none"> • Road • Track 	U19 <ul style="list-style-type: none"> • Road • Track 	Sprint Squad	Have a Go Wheelers Flyers Introduction to Track (Modules 1,2,3,4) Track Start	Learn to Ride Schools NZCEA Secondary Schools Programme Trainer Programme Intro to Track Accreditation Introduction to Road - accreditation	Lunch Roll Drafters Presidents Convoy	Commissaires Officials Technical Member Induction Handlers	Cyclofit Women's Only (WoW) Learn to Ride Community Programmes Open Days

Expression of Interest - Level 1 Sport Coaching Accredited Course – Two courses combined (Road and Track)

To
General Manager – Cycling Southland

I would like to formally register my interest in attending the **Level 1 Sport Coaching Accredited Course at the SIT Zero Fees Velodrome in Invercargill** – subject to final confirmation of costs/dates etc

Name:
Address:
Contact phone number:
Email Address
Cycling New Zealand Membership Number

Coaching Experience

Preferred Date for Course 2nd/3rd May or 9th/10th May 2015.
(Please clearly indicate if you have a preference)

Signed:

Date:

Please either

1. email form/details to :

brian.broad@cyclingsouth.org.nz
with Subject Heading Level 1 Sport Coaching Accredited Course

or

2. post form to

Cycling Southland
PO Box 939
invercargill

EOI close of date Wednesday March 11 2015.