

## Cycling Southland Part-time Coaches - Expression of Interest.

Cycling Southland's role is to encourage, enhance and promote all aspects of road and track cycling in Southland. Each week a range of people take part in Cycling Southland initiatives - from school aged children in schools and club based cycling activities, to teenagers, adults and masters across a wide range of events and opportunities.

We are seeking Expressions of Interest from people who would like to be involved as part time coaches/mentors to assist new groups of riders wishing to become part of the cycling scene in Southland.

There are part-time positions available with 1 to 4 sessions per week. Hours are dependent upon session schedules; classes are generally scheduled early mornings, mid morning/mid afternoon and evenings during the week and on Saturday mornings.

There are many different Community based programmes that offer the opportunity to ride on the Velodrome, ranging from a novice cyclist through to the experienced cyclist including:

- Have a go sessions
- Introduction to Track – Wheelers/Flyers
- Introduction to Road
- School Programmes/NCEA
- President Roll/Drafters
- Squad Training
- Masters

### **Key Characteristics:**

Applicants must be over 18 years of age, with a prerequisite minimum of two years road or every day cycling experience and have these key characteristics; the ability to:

- Lead and motivate with a positive attitude
- Stay current of new training and cycling methods and techniques
- Manage sessions and classes within given timeframes
- Demonstrate effective and supportive communication skills
- Maintaining a professional attitude and demeanour
- Commit to a medium/long term part time arrangement

If you would like to be involved we would like to hear from you.

Please send expressions of Interest to  
The General Manager – Cycling Southland