



National  
Coaching  
Certification  
Program

Programme  
national de  
certification des  
entraîneurs



Canadian Cycling Association  
Association cycliste canadienne

## Sport: Cycling

Discipline: Cycling - all disciplines

Context: Community Sport – Initiation

Participant age group: Ages 6+

Estimated number of participants: 5,000

Age range of coaches: various

Estimated number of coaches: 250

Date of conditional approval: April 2007

Official launch date (both official languages): November 2009

### Outcomes trained and evaluated:

Outcome	Trained	Evaluated
Make Ethical Decisions	T	E
Plan a Practice	T	E
Provide Support to Athletes in Training	T	E
Analyze Performance	T	E
Design a Sport Program	T	E
Support the Competitive Experience	T	E
Manage a Sport Program	T	E
Sport-specific outcomes		

Which multi-sport modules will the coaches access through the provincial/territorial delivery system?

None - All modules are fully integrated into the CCA workshops.

### Training Description

Let's Ride! Community Cycling - Initiation (CCI) is the NCCP context for coaches who will primarily work with novice, pre-competitive cyclists at the community level, including participants in the Active Start, FUNdamentals and early Learn to Train stages of athlete development. The program is simple, based on a number of pre-designed lesson plans, and adaptable to the varying skill and ability levels of participants. The focus of the program is on having participants develop skills which are basic to MTB, BMX, and Road, in a controlled, off-road, off-trail setting such as a sport field or parking lot.

CCI training has two parts – the "Let's Ride!" CCI workshop (5 hrs), and a Basic Cycling Skills workshop (8 hrs). The first workshop provides information on ethical coaching, participants and their needs, basic practice planning, equipment and other important information for coaches of beginner cyclists. The second workshop provides an opportunity for "on-bike" practice in skill teaching and analysis, practice coaching and use of provided lesson plans.

### Evaluation Description

The objective is to implement basic evaluation at the Community Coach level. Coaches who successfully complete both workshops will have Trained and Evaluated status.

Coaches are evaluated by Learning Facilitators/Evaluators on the following during the workshops: Emergency Action Plan; facility/equipment safety; teaching/coaching a practice session; skill teaching and analysis; and their understanding of the key concepts of the Community Cycling - Initiation program curriculum.

## **Learning Facilitator/Evaluator Training**

Canadian Cycling Association has trained Learning Facilitators/Evaluators (LFs/Es) across the country. The LF/E training program is 18 hours, including the CCI workshops and an LF/E training workshop.

### **NSO Contact Information**

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canadienne  
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### **Three most innovative features of your program:**

1. The on-bike Basic Cycling Skills workshop, which is also used by the Introduction to Competition context.
2. The integration of the new competency-based NCCP, the CCA's LTAD principles, and an introduction to working with Athletes With A Disability (AWAD).
3. The introduction of a transition to competition for novice cyclists through the Let's Ride! CCI context.