



Level 1 MTB Coach Training Program Information

The Level 1 MTB Coach Training Program (L1 MTB) has been developed by Cycling Australia in conjunction with Mountain Bike Australia (MTBA) in line with the Australian Sports Commission (ASC) Guidelines for the Design and Registration of NCAS & NOAS Accreditation Programs. This new training program provides coaches with opportunities to learn, to study and be assessed for both the theoretical and practical aspects of coaching mountain bike riders.

The L1 MTB has been submitted for accreditation to the National Coaching and Officiating Unit for National Coaching Accreditation Scheme (NCAS) alignment. As a result, it will be a nationally recognised training program and directly linked to the ASC Coaching and Officiating Unit standards for coaching.

Introduction

The L1 MTB is a Training Program aimed at people who want to coach club level and state/territory championship level MTB riders to develop and advance their MTB technical skills, riding fitness and racing skills. The training program addresses generic coaching and its application to MTB coaching, and teaches coaches how to nurture and develop MTB riders. The accreditation allows you to independently plan, prescribe and evaluate MTB training for MTB 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 CycleSkill coach
- be a financial member of MTBA or Cycling Australia
- have a valid background check relevant to your state/ territory (if coaching children).

The Aims of the Training Program

The training program aims to provide coaches with an introduction to the principles of training, and the planning, implementation, analysis and revision of MTB coaching programs. This is achieved through an understanding, and the application, of the underpinning knowledge of the NCAS Accreditation Program specific to MTB.

Training Program Objectives

At the successful completion of the L1 MTB Training Program, the coach will be able to:

- demonstrate an underpinning knowledge of MTB
- explain the roles and responsibilities of the Level 1 MTB coach
- correctly set-up a MTB 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 MTB rider, incorporating periodisation
- manage the safety requirements of coaching MTB
- identify and apply the introductory concepts of sport science to MTB 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 training program is composed of 12 mandatory modules:

Day 1 Modules

- **Introduction** - an introduction to the training program, its demands and resources, and the remit of the Level 1 MTB Coach
- **MTB and the Role of the MTB Coach** - an introduction into MTB and the history of MTB, plus an outline of the roles of the MTB Coach, explaining what is expected of the Level 1 MTB Coach.
- **MTB Equipment & Bike Set-up** - identify bike, helmet and clothing appropriate for MTB training and competition, as well as performing the correct set-up of a MTB bike for the needs of a rider.
- **Risk Management** – identify the safety requirements relating to MTB and the MTB environment, and outline how to maintain a safe coaching environment
- **MTB Skills** - identify the ideal model of performance for MTB skills, compare this to a

rider's performance and use it to give feedback and improve a rider's skills.

- **Practical Coaching** – an opportunity to coach in the MTB coaching environment, including conducting a risk assessment of the MTB environment, setting a general riding position, and conducting a group MTB coaching session

Day 2 Modules

- **Introduction to Planning & Planning a Series of Sessions** - including how to plan a series of MTB 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 MTB
- **Inclusive Coaching** - how to include everyone into your MTB coaching sessions
- **Physical Conditioning** - an introduction into the components of fitness, principles of conditioning and energy systems that are important to MTB 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 MTB and the process of drug testing for riders

Assessment

Assessment of the L1 MTB has several components:

- There are two observations of practical coaching. One of these is conducted on Day 1 of the training program and the other is conducted after the training program.
- Written assessment tasks – tasks are completed during the training program and as home study following the completion of the training program. These tasks include short answer questions and the planning of a season's training for a MTB rider
- Practical coaching experience log – you are required to undertake 30 hours of assisting and conducting coaching sessions for MTB riders.

The Training Program

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

You will be required to take part in a practical on Day 1 of the training program, therefore you are asked to dress in clothing suitable for MTB 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 MTB bike (which is in good working order and safe for participation in the sessions).

The training program is two days of face-to-face training that includes discussion, presentations and workshop activities, as well as the Practical Coaching module. At the start of the training program, you will receive all of the resources and documents that you need during the training. 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 program of training. 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, MTB Australia or your Training Program Presenters.

Recognition of Current Competency

If you have covered some of the knowledge content of the L1 MTB 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.