

Thanks to each and every one of you for all you provide at this clinic. The insight into USA Cycling's methodology, Training Peaks deep dive and especially the individually unique perspective each student coach provided made this gathering rewarding, educational and fun!

As a result may we all grow our businesses and fulfill ours (and our clients) dreams!

Morgan

### **USAC Level 2 Coaching Clinic, Phoenix, AZ**

The weekend of February 24-26, a number of coaches and I spent more than 20 hours gorging ourselves on bicycle skill drills, sports physiology, training plan design and the business of coaching. Our teachers and program presenters were Steven Pye and Derrick Williamson and Kevin Dessart. Their certifications, expertise, and experience in endurance cycling and coaching are too long to list here. As a long-time high school English teacher, I have been to a plethora of workshops, conferences, seminars and the like, but never have I attended an informational event the quality and professionalism of USAC's Level 2 Coaching Clinic. I left each day exhausted but inspired in equal measure. The materials and the information delivered were well organized, polished and relevant. Some of the material we learned I have read about in the past, but Steven and Derick crystalized and clarified the info so I have much more confidence in my knowledge of coaching and training cyclists.

I left these info-packed trainings with a head and heart full of science and training methodology. But the greatest take away is that while there is much science and many different training plans for coaching a cyclist to achieve his or her goals, the most important aspect is that effective coaching and training is an *art*. Coaching cyclists to ride and race at their best is highly contextual. Each rider brings a highly individualized and unique set of characteristics, demands, limitations, skills and constraints to the "training table," and it is the task of the coach to analyze those elements, work within them and create a plan that fits the needs and goals of the rider – a complex and satisfying blend of art and science. Nothing could be more human and gratifying than helping another passionate fellow cyclist successfully navigate the complexities and challenges of achieving at an individual's highest level.

I have loved cycling since I was six, when I first removed the training wheels from my Western Flyer and promptly turned down the handlebars into racer-boy aero position. I have loved teaching and honing my craft with countless pages read and years of countless hours worrying over how to improve my pedagogy. In both – cycling and teaching - I have always looked for ways to get better. To combine this – the desire to improve - and these two, life-long loves – cycling and teaching – in the service of others is a belated, but welcome, dream come true.

Thank you, USA Cycling, Steven, Derrick and Kevin.

James

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Kevin,

I wanted to make certain I conveyed to you, Steve and Derick that you all provided one of the most professional instructional clinics I have ever attended. From a dress and mannerism perspective, the

team was impeccable. They provided us with a very dense program of instruction while maintaining an active learning environment which made it easy to stay engaged.

I am truly grateful for your team's knowledge and accessibility. I really didn't know what to expect when I registered but I am very grateful that I took the chance and attended this clinic.

Again, thank you for providing an outstanding program.

Ben

### **USAC Level 2 Coaching Clinic, Rock Hill, SC**

This Level 2 Coaching clinic exceeded my expectations in many aspects. The presenters were very professional, experienced coaches with great ability to facilitate the discussions, answer multiple questions, and provide "food for thoughts" as well as positive reinforcement during practical sessions.

I am definitely planning to use skills and knowledge acquired from the clinic when teaching at the Giordana velodrome and in my coaching practice.

Olga

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Kevin,

I wanted to take a moment and let you know what a great job that both Steve and Derrick did at the Level 2 coaching clinic this past weekend. Both Steve and Derrick challenged me to think about things that I have done for a very long time in a different way. I found myself needing to hesitate and really understand the processes in order to be able to explain it in a way that others could understand. The information that was provided about the business of coaching again made me think about things like the value of my assets in a different way.

These two coaches are some of the best USA Cycling ambassadors that I have ever met. I have CC'd the other participants of the clinic such that they can add their thoughts.

Thanks,

John

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I second John's comments. The weekend offered some great knowledge on how, and why, to present things to our clients. Being around other coaches also brought different views/methods on how to best support our athletes.

Everything ran smooth with terrific leadership. Perfect facility as well. Great weekend all around!

Sincerely,

David

