



CottonCrest Coaching 2024

Coaching Fundamentals and Resources for 2024 Season



Aims of Coaches Meeting

- Review team expectations – [Pitzone and Requirements \(Donald\)](#)
- How do we train?
- How do we navigate?
- How do we communicate?
- How do we manage medical needs and emergencies?





Team Expectations:

HAVE FUN

BE SAFE

BUILD
YOURSELF

STRENGTHEN
YOUR TEAM

Team Expectations:

Listen to your coach

- Don't talk while your coach is talking
- Speak up w/ safety concerns or speak w/ coach after practice

Practices are not races

- Stay w/ your group
- Don't pass other riders w/o a good reason or consent

Be a good teammate

- No cliques
- No talking behind others backs (direct conversation to teammate or coach)
- Stay at races and cheer EVERYONE on

Team Expectations:

Come prepared to practices and races

- Bike maintained, hydration, basic tools, appropriate clothing
- Stay home if you're sick
- Keep attendance to 75% or talk to coach (you'll fall behind if you miss)
- Keep up your grades and family responsibilities (we default to parent discretion)
- No room for alcohol or drug use (or Taylor Swift paraphernalia)

Parking lot, trail, and race venue behavior should be RESPECTABLE

- Socialize but do not ride or run in parking lots
- Make eye contact w/ other trail patrons, smile, be polite, offer assistance, and let them see CottonCrest behavior

Training Philosophy

THE WHY:

We want to ensure that every rider has the fitness, the mindset, the technical abilities, and the mechanical skills needed to complete each race successfully.



Training Objectives



FITNESS

MINDSET

TECHNICAL
SKILL

MECHANICAL
SKILL

Fitness & Mindset

Training Schedule

Practices:

- June: acquire/review technical skills, build endurance (3 hr practices on Sat), test OTB fuels
- July: begin race-day simulations, begin higher intensity fitness (intervals), riders to purchase fuels and use consistently
- Aug: cont race-day simulations and intervals, begin course pre-rides
- Sep: practices should be focused on rides w/o long breaks, race-day prep, and keeping up the fun (avoid burnout)



Fitness & Mindset – Training Intensity

RPE SCALE	
1	Nothing
2	Very Easy
3	Easy
4	Comfortable
5	Somewhat Difficult
6	Difficult
7	Hard
8	Very Hard
9	Extremely Hard
10	Maximal/Exhaustion



Fitness & Mindset – Mindset

Fixed Mindset **Growth Mindset**

Carol Dweck

Intelligence is static.
Leads to a desire to LOOK SMART and therefore a tendency to:

- ✓ AVOID CHALLENGES
- ✓ GIVE UP EASILY DUE TO OBSTACLES
- ✓ SEE EFFORT AS FRUITLESS
- ✓ IGNORE USEFUL FEEDBACK
- ✓ BE THREATENED BY OTHERS' SUCCESS

Intelligence can be developed
Leads to a desire to LEARN and therefore a tendency to:

- ✓ EMBRACE CHALLENGES
- ✓ PERSIST DESPITE OBSTACLES
- ✓ SEE EFFORT AS PATH TO MASTERY
- ✓ LEARN FROM CRITICISM
- ✓ BE INSPIRED BY OTHERS' SUCCESS

Silvia Rosenthal Tolisano - @langwitches

“I derive just as much happiness from the process as from the results.”
— Carol S. Dweck

Training Philosophy



TECHNICAL ABILITIES

- Early season skill sessions
- Skill reviews 1x/wk at beginning of session (cornering, bike-body separation, level pedals, mounting/dismounting bike)
- Practices built with skill acquisition in mind (rock gardens, switchback climbs/descents, flat and banked cornering)

- **MECHANICAL SKILLS**

- Early season mechanical night

- Race-day simulations 3x (/season)



RACE-DAY SIMULATIONS

- 30 min at end of practice
- Riders will perform 2-3 laps of short course at “safe” but fast speed
- Riders will be pulled from course and asked to perform skills check (timed)
 - Fix a punctured tire with a plug
 - Tube in tire
 - Remove rear wheel and put back on (involves using multitool to remove wheel, moving chain off and on cassette)
 - Fix a broken chain



Training – Practices

Basic Principles:

1. Rider check for H2O, nutrition, meds and weather appropriate clothing (jacket, gloves) before departure; do a head count and know your group
2. First 10 min athletes should be warming up
3. RPE and hydration checkpoints at least 2x/ride (as often as needed for your group)
4. Rider welfare trumps practice objectives



Practices - Rostering

A	B	C	D	E	F
Group 1 Ride Leaders:	Group 2 Ride Leaders:	Group 3 Ride Leaders:	Group 4 Ride Leaders:	Group 5 Ride Leaders:	Group 6 Ride Leaders:
Dan Fisher	Matt Little	David Butler	Donald Hinks	Darren Paul	Michael Arens
Group 1 Sweeps:	Group 2 Sweeps:	Group 3 Sweeps:	Group 4 Sweeps:	Group 5 Sweeps:	Group 6 Sweeps:
Matt Hinks	Randall Autry	Anthony Stowe	Wayne Staker	Lenny Sharp	Paul Sebahar
				Holly Sebahar	Matt Pendleton
Group 1 Athletes:	Group 2 Athletes:	Group 3 Athletes:	Group 4 Athletes:	Group 5 Athletes:	Group 6 Athletes:
Micah Autry	Alex Fisher	Daniel Pyne	Abby Burton	Ashley Neerings	Alex Peterson ??
Braxton Little	Jack Heiple	Davin Sharp	Aidan Jarman	Cash Butler	Vivian Campbell
Porter Bach	James Poelman	Ethan Luker	Alice Stephens	Jesse Fisher	Chelsey Weaver ??
Kolby Butler		Evan Pettey	Ben Evans	Sophia Arlen	Henry Stephens ??
	Sam Fisher	Jaxon Pendleton	Frank Forbush	Ruger Emery Provisional	
		Kenna Stowe ??	Josie Paul		
		Sabrina Miner	Keian Flake		
		Lincoln Adams	Anna Hinks		
		Parker Treat	Seth Filmore		
		Graham Carlson	Clara Stephens		
		Matt Sebahar	Hailey Staker		
		Jacob Arens			
Notes:	Notes:	Notes:	Notes:	Notes:	Notes:

We want
consistent ride
leaders and
sweeps

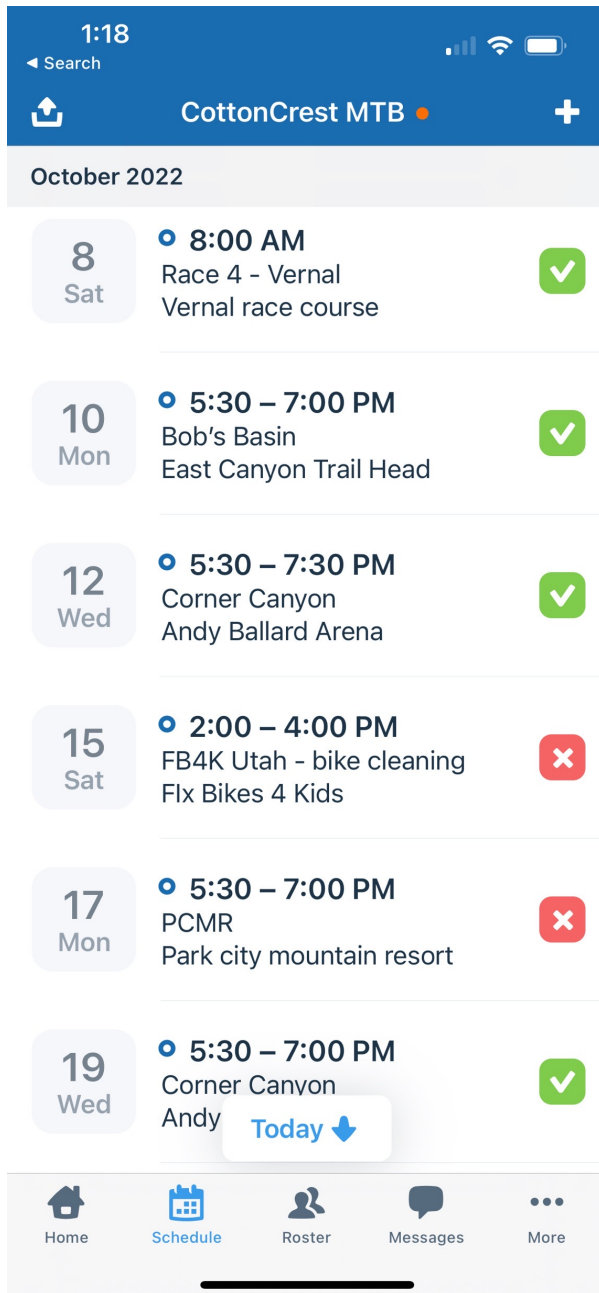
Only registered
athletes and
registered
coaches with
training complete
can ride.



Practices - Navigatoin

Exploring and Building Trails on Trailforks





Team Communication

- TeamSnap:
 - Primary Team/Channel:
 - Team chat (everyone) – practice updates (weather)
 - Individual messaging
 - Calendar for all events
 - Parent Team/Channel:
 - Parent-Specific Communications
 - Race-Day Communications – volunteer needs
- Practices:
 - Update contacts in cell phone
 - We should be in cell range for practices
- Race Day:
 - Two-way radios (pit zone, feed zone, finish zone, field)
 - Cell phones as needed
- Other Communications:
 - Website: cottoncrestmtb.com
 - Utah League: utahmtb.org



Risk Management

- Designated Reporter:
 - Kristy Fisher
- First Aid Kits:
 - Large in car
 - Small with coaches
- [Emergency Action Plans](#)



How you can help:

- Set availability by Saturday (Sun afternoon at latest)
- Be on time with bike and nutrition ready to go
- Be prepared with some extra food and supplies (depending on group)
- Plan out routes and practices based on rider needs (skill level) and season plans
- Communicate concerns early and often and be patient with volunteer leadership

