

## **Coaches**

As coaches we will turn up planned and prepared to create a positive learning environment for our athletes.

We will provide a concept to work on during the session while focusing on long term individual programming.

We will help athletes pursue the goals they have set for themselves.

We will plan training for each athlete based on recommendations from Coach Canada and Cycling BC based on their development stage in the LTAD.

We will act as role models for our athletes and ambassadors to the sport of Mountain Biking.

## **Athletes**

All athletes are expected to turn up prepared to ride for the full duration of the training session.

All athletes should ensure that their bike is in good working order before they arrive at training.

All athletes should make sure they are adequately hydrated and fed before arriving for each session.

Instinct Development value hard work and a focus on self improvement and will expect these from our athletes.

All athletes are expected to arrive with goals.

Instinct Development is a club and a team and all athletes are expected to support one another while maintaining friendly inter club competition.

## **Parents**

Parents are expected to support their child.

Should parents wish to talk to coaches about their child/athlete please arrange a time with us before or after training. Please do not try to discuss anything during the session. We have a short training time each session and we want to pack as much in as we can!

We are a team working together to help the athlete pursue their dreams.

