

COACH & INSTRUCTOR

NEWSLETTER

MARCH
2012



COACHING THE COACHED

*Linda Villumsen
learns what it takes*

When you are winning medals at the highest level it is pretty evident that you know what you are doing.

World Championship Silver Medallist Linda Villumsen is the highest achieving female road cyclist New Zealand has ever had. She has podiumed at the UCI Road World Championships for the past three years, won Commonwealth Games silver, a swag of other professional road wins and has secured herself a place in the powerful women's pro team GreenEdge.

Recently Linda went back to basics, participating in the BikeNZ Level One Road Coaching Course in Palmerston North. The course is part of the BikeNZ stable of coaching courses – three levels of coaching course across road, track, BMX and mountain bike.

It was an eye-opening experience for Linda, who not only learnt about what it takes to be a coach, but was also exposed to the grassroots passion for cycling which drives so many Kiwis involvement in sport.

"I learnt a lot at the coaching course, more than I expected. There were about

20 people at the coaching course and it was good to see the passion of the sport. It's so long ago that I saw that myself. In our life, we train, we go to the race, we win (or we don't win), we go home, and that's it. But here it was different, it was not what I expected at all, it was a lot better. Even though I know a lot about training, I had no idea about lots of other parts. It was good."

Continued health issues over the past 18 months prompted Linda to look at other avenues of involvement in cycling and enrol in the course.



"I started looking into other options in cycling. I thought maybe some of my knowledge could be given to someone else. I know a lot about cycling, but not a lot about coaching so I had to start at the beginning with the coaching course."

Growing up in Denmark, Linda's development as a cyclist started in a club based structure, with coaches riding with groups of young riders. They also participated in weekly skills sessions, as well as races, to develop their bike handling skills. This is something that she would like to recreate in New Zealand.

"I have a mission. I would like to try to recreate the club environment that I had growing up. You have a bunch of kids, and you have a couple days a week and you run races and skill training so that you grow athletes from when they are young, like I was."

She acknowledged that it would be a massive task and thus is encouraging others to participate in the coaching courses.

"I would recommend the coaching course to other athletes, and to anyone. I was surprised at what it has given me. I didn't expect to go there and learn a lot. But I came out with lots to think about, more than just myself and riding my bike."

"It made me appreciate all of the people involved in the sport that I have probably never appreciated before. For example the people who do the coaching course, who help make other coaches, who communicate the sport to more people. There's a whole network and we don't appreciate it enough, we just ride our bike and that's all. We never see what is behind it. It's opened my eyes, it truly has."

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REGISTER FOR A BIKENZ COACH OR CYCLE SKILL INSTRUCTOR COURSE

There are lots of coaching courses planned for the coming year, including the debut of the Level 1 Track coaching course.

Places in these courses are in hot demand, so make sure you register as soon as possible to secure your place!

Level one Road	Auckland	19-20 May 2012
Level one Road	Dunedin	18-19 August 2012
Level one Track	Invercargill	13-14 July 2012
Level one MTB	Palmerston North	23-24 June 2012
Level one MTB	Rotorua	22-23 Sept 2012
Level one BMX	Christchurch	17-18 Nov 2012
Grade TBC	Christchurch	23-24 May
Grade 1&2	Wellington	30-31 May
Grade 1&2	Hamilton	TBC

CLICK HERE TO REGISTER FOR A BIKENZ COACHING/INSTRUCTOR COURSE

FOR MORE INFORMATION VISIT
WWW.BIKENZ.ORG.NZ

BIKENZ COACHING SCHOLARSHIPS

We're giving you the opportunities to further develop as a coach, work with our regional coordinators to deliver the BikeNZ courses (Learn to Ride, Intro to Cycling etc) to get some practical experience alongside the best in the business.

In return, BikeNZ will offer you a place (for free) in one of the BikeNZ Coaching Courses to learn the theory behind coaching.

If you are interested in one of these scholarships, please contact your local Regional Coordinator:

Auckland: - Lynne Munro
lynne.munro@bikenz.org.nz

Waitakere: - Rochelle Young
rochelle.young@sportwaitakere.co.nz

Waikato: - Amy Burndred
amy.burndred@bikenz.org.nz

Hawke's Bay: - Vicki Butterworth
Vicki.butterworth@bikenz.org.nz

Manawatu: Chris Foggin
Chris.foggin@bikenz.org.nz

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BikeNZ Men's Endurance Track Coach Tim Carswell will take up a new position at the UCI after the London Olympics. He will coach at the UCI World Cycling Centre at its headquarters in Aigle, Switzerland, becoming the first New Zealander to earn a paid role with the organisation. Well done, Carsey!

CONGRATULATIONS

Gordon McCauley has joined the BikeNZ Road and Track coaching team as the under 19 Men's road coach. With a wealth of racing experience Gordy is a welcome addition to the team.

CONGRATULATIONS

to all the coaches who are now BikeNZ accredited:

Lisa Foggin (level one Road)
Nicola Edwards (level one MTB)
Marcel Hollenstein (level one Road)
Caroline Davis (level one Road)
Denise Brown (level one Road)
Rochelle Young (level one Road)
Benjamin Eitelberg (level one MTB)
Toni Strong (Bradshaw) (level one road)
Shane Kaio (level one road)
Chris Foggin (level one Road & level 2 MTB)
Brent Wollaston (level one Road)
Mark Leishman (level one Road, BMX, MTB)
Jesse Voza (level one Road)

COACHING FORUMS

Following the successful round of BikeNZ Coaching Forums introduced last year, we have committed to ensuring that there are on-going opportunities to engage with and learn from other coaches in your regions.

Additional dates and locations will be added throughout the year.

REGISTER HERE
WWW.BIKENZ.ORG.NZ

Palmerston North	26 April 2012
Palmerston North	28 June 2012
Palmerston North	30 August 2012
Palmerston North	25 October 2012
Auckland	(TBC) April 2012
Auckland	(TBC) August 2012
Auckland	(TBC) December 2012
Hastings	23 May 2012
Hastings	3 October 2012

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RST COACH DEVELOPMENT WORKSHOPS

Regional Sports Trusts (RSTs) provide regular workshops for coaches of all codes. These are fantastic opportunities not only to up skill, but also to meet and share with other coaches in your region.

CHECK OUT THE UPCOMING WORKSHOPS:

Communication and Marketing Workshop	Sport Waitakere	21 March 2012	admin@sportwaitakere.co.nz
Coaching For Results GM9	Sport Auckland	14 March 2012	jeffm@sportauckland.co.nz
Winning Through Leadership	Sport Auckland	18 April 2012	jeffm@sportauckland.co.nz
Developing Skilled Athletes	Sport Auckland	16 May 2012	jeffm@sportauckland.co.nz
Coach Smart	Sport Auckland	14 November 2012	jeffm@sportauckland.co.nz
Mental Skills	Sport Auckland	17 October 2012	jeffm@sportauckland.co.nz
Match Day Coaching	Sport Auckland	12 September 2012	jeffm@sportauckland.co.nz
Getting started in Coaching	Sport Otago	13 March 2012	mweddell@sportotago.co.nz
How to be a better coach	Sport Otago	20 March 2012	mweddell@sportotago.co.nz
Physical activities leaders workshop	Sport Wellington	24 May 2012	georginad@sportwellington.org.nz
Basic & Sustainable funding	Sport Waikato	8 February 2012	anne@communitywaikato.org.nz
Basic & Sustainable funding	Sport Waikato	13 February 2012	anne@communitywaikato.org.nz
Basic & Sustainable funding	Sport Waikato	7 March 2012	anne@communitywaikato.org.nz
Sport Strapping Workshop	Sport Waikato	19 March 2012	markm@sportwaikato.org.nz