

Expand your cycle toolbox

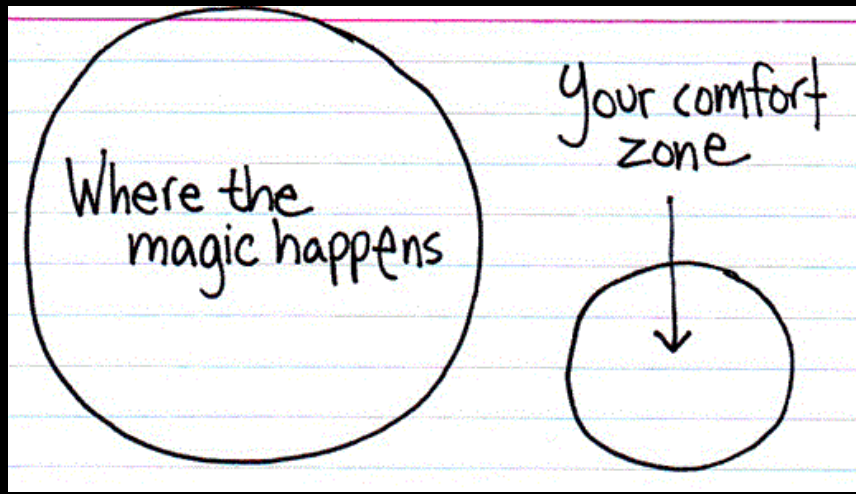


FILEX 2015

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EXPAND

- Expansion means change!
- Expansion means growth....
- Expansion of self encourages others to grow



Expansion means doing something differently.....



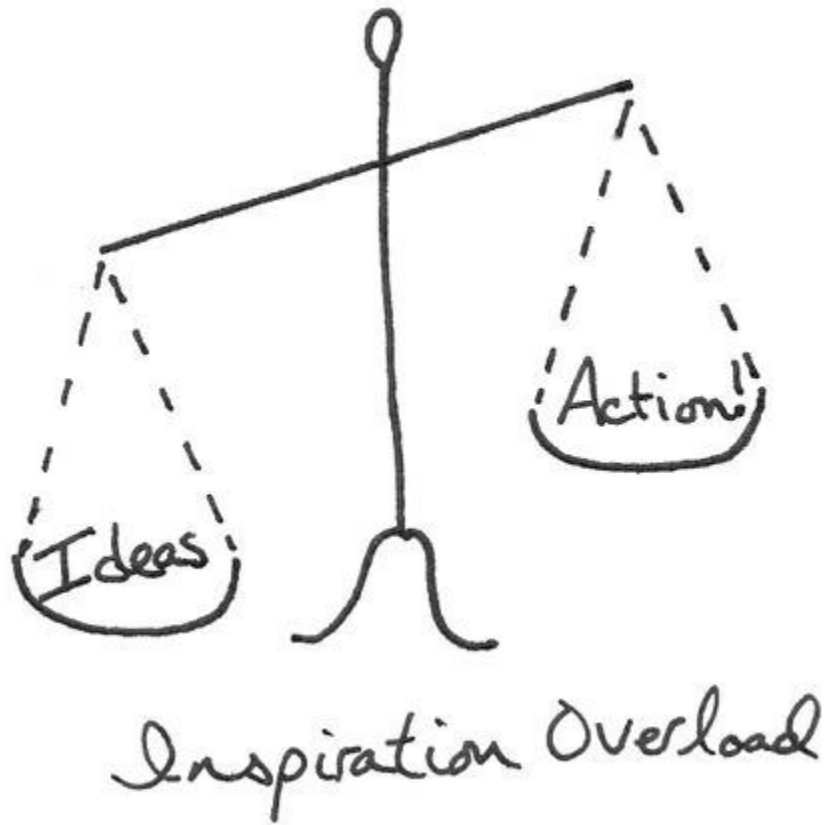
GROW
CONTRIBUTE
PAY IT FORWARD.

You are the leader!

1. Stay self motivated so you can motivate others!
2. Don't be obsessed with what others think!
3. First and most importantly you will need to be a risk taker

What's in YOUR Toolbox?





Tools??

“The best way to have a good idea is to have lots of ideas.”

Linus Pauling
Wednesday - July 25, 2013 (9:29 pm)

- Things we do
- Things we use

9 STEPS TO



Reflections



Mistakes



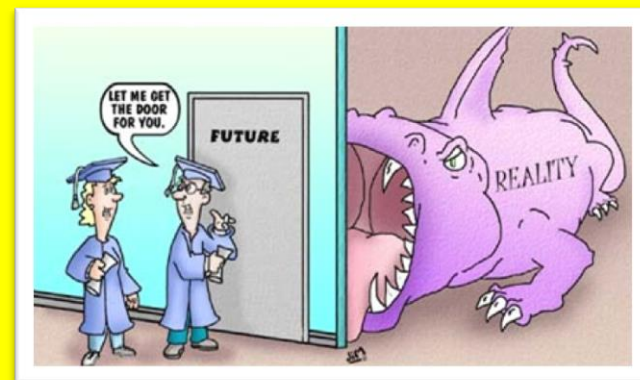
Students

Class plan

Workout Set
Warm Up 3 Minutes
3 x 30 Sec. On @ 30 Sec. Rest, 90-100 rpms
5 Min. Accelerations (Technique), 15 Sec. On @ 15 sr, 120 rpms
2 Min. Rest
3 x 5 Min. Tempo
2 Min. Rest
15 Min. Descending Ladder Set @ 30 sr
3 - 5 Min. Cooldown

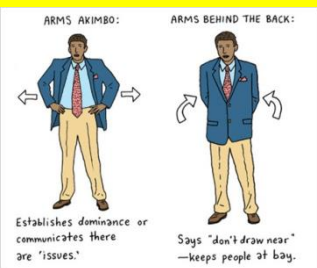


Words



Knowledge

Questions



Body



Voice



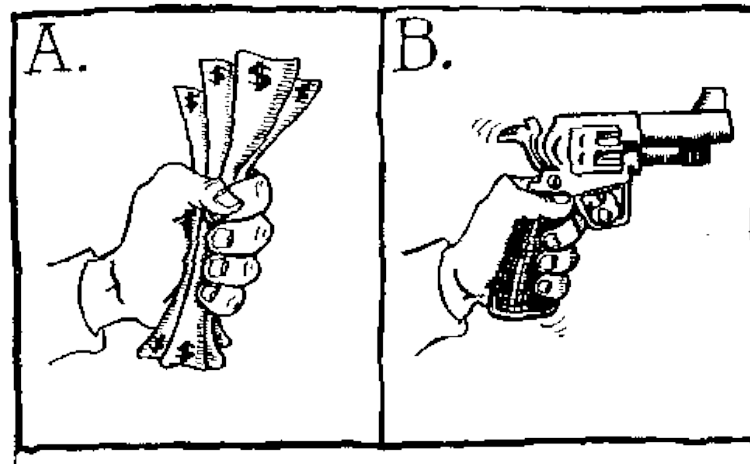
Music

Roles

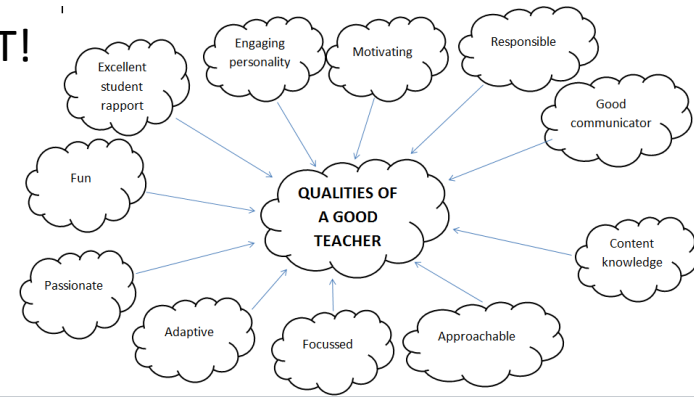
- Coach
- Motivator
- Educator
- Role Model



How to motivate people :



How to Motivate People - NOT!

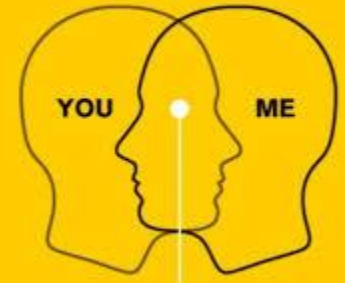


**YOU CAN TALK THE TALK
BUT CAN YOU WALK THE WALK?**

**Motivation comes from within, so
effective leaders need to give people
reasons to believe in themselves and their
ability**



Group Dynamics



Warm, empathic, and life-affirming manner! BUT always remember we can't change ANYONE else....

USEFUL GROUP TOOLS

- **Constancy**
- **Firm identity**
- **Confidence**
- **Spontaneity**
- **Integrity**
- **Trust**
- **Humour**
- **Empathy**



TOOL 1 - Class Plan

- ☐ Introduction
- ☐ Screening
- ☐ Organised
- ☐ Specific
- ☐ Effective
- ☐ Warm Up
- ☐ Music match
- ☐ Time efficient
- ☐ Cool Down
- ☐ Stretch
- ☐ Educational tips





TOOL 2 – Voice



Your voice is big and an important part:

You can **demand, mumble, mutter, whisper, or shout.**

You **can roar and suggest.** You can **state, announce, assert, declare, affirm.**

Develop and refine your tool.



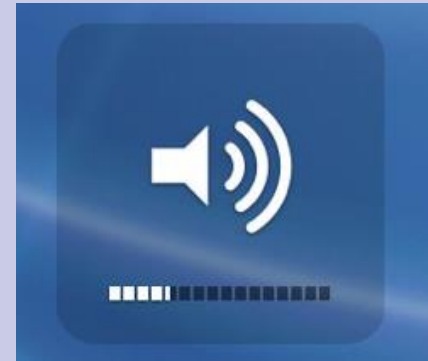
An expressive voice pauses and quickens ...
changes pace ... lowers and raises both volume and
pitch. It carries emotion

- **Rhythm** is the pattern of the sounds you produce.
- **Tempo** is the pace of your voice.



Vary the elements of sound for emphasis

- Control the timbre - **Timbre** is the emotional quality of your voice.
- Use changes in **volume**
- **Pitch** is the frequency of the sound waves you produce. It is about hitting high or low notes with your voice



TOOL 3 – Words

Try reading this:

"I didn't tell her you were stupid." (Somebody else told her.)

"I didn't tell her you were stupid." (I emphatically did not.)

"I didn't tell her you were stupid." (I implied it.)

"I didn't tell her you were stupid." (I told someone else.)

"I didn't tell her you were stupid." (I told her someone else was stupid.)

"I didn't tell her you were stupid." (I told her you're still stupid.)

"I didn't tell her you were stupid." (I told her something else about you.)

Identical words. Different meanings. That's the power of voice.

TOOL 4 - Music

Music – builds the energy you are trying to create

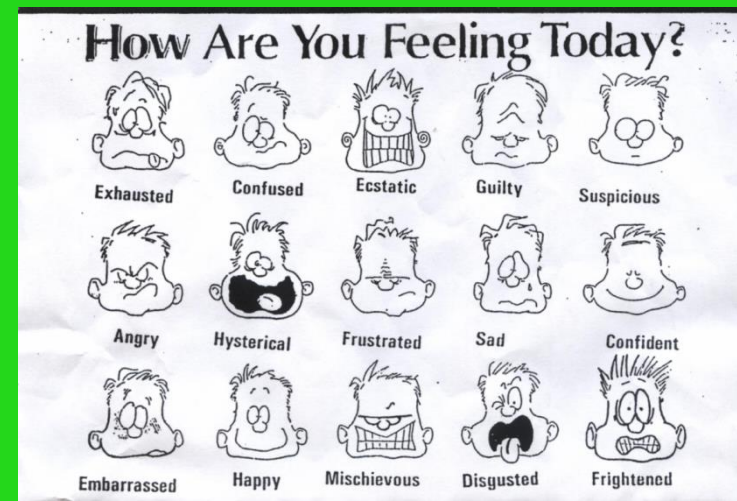
- Music for motivation
- Music for control
- Music for intensity
- Music for technique
- Music for ambience
- Music for pedal pace
- Music to escape



Tool 5 – Body

How to Use your Body

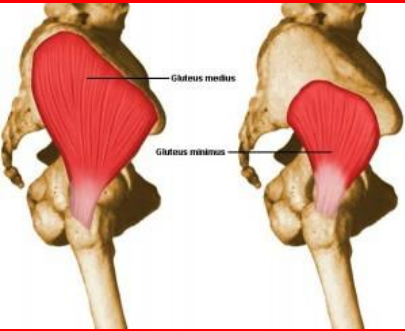
- Role modelling correct self bike set up
- Teaching technique when riding
- Role modelling correct self technique
- Non verbal language



Tool 6 – Students

- Acknowledge them
- Compliment attendance (not always effort)
- Learn names
- Create healthy competition
- Encourage saying hello
- Create a buddy system





Tool 7 - Knowledge

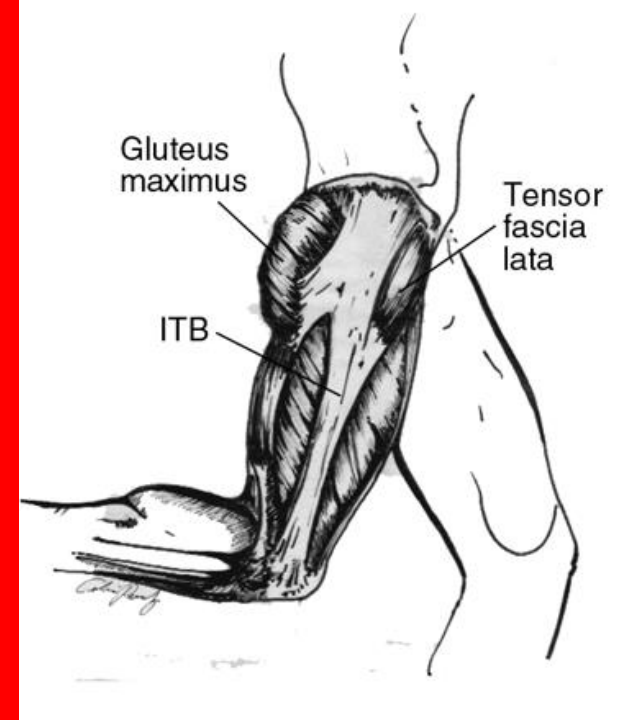
Overuse (gradual/sudden onset: 58%) and recurrent (35%) were the most common causes of injury.

Knee injuries in endurance squads.

Among cyclists, ITBS accounts for 15% to 24% of all overuse injuries.

Stretch : ITB, TFL, Gluteus medius.

Gluteus medius & the core muscles to stabilize the pelvis.



~~Wish.~~

Do.

Play List – Choices From this list

- | | |
|----------------------------|-----------------------|
| 1. I lived | 14. Skrillex |
| 2. White Treble Black Bass | 15. Don't stop me now |
| 3. Young wild and free | 16. Wake Up |
| 4. Wake up rock | 17. Slow |
| 5. Accelerate | 18. Chandelier |
| 6. Changing | 19. Counting Stars |
| 7. Faithless | 20. Strong |
| 8. Shake it off - Dub | 21. Latch |
| 9. Stronger | 22. Heroes |
| 10. Praise it | 23. Get me a doctor |
| 11. Overdrive | 24. Let me down easy |
| 12. Ghost | 25. Linger |
| 13. Take me to church | |

Remember in the end it's all
just a game 😊

*Happy FILEX and stay
connected*

clairenorgate.com