

# Stirling Bike Club

## Performance Squad

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## **1. Purpose of the Squad**

To assist Stirling Bike Club (SBC) member racers who are trying to further their progression within the racing scene. This is to cover all disciplines where practicable. The assistance is to enable riders to progress their racing results and to increase their competitiveness when racing at Scottish, British National and International level. The assistance is to be focused on the coaching element to progress their abilities. The level of assistance shall be agreed by the Performance Squad Committee (PSC) taking account of factors such as age, potential, training ethic and results.

A proportion of the fund money pledged for Performance Squad usage from existing SBC and Wallace Warrior (WW) funds will be used for equipment to support the coaching aims of the Performance Squad. Remaining funds shall be used primarily for the investment required for training or coaching requirements. Any application for funds should be agreed by the PSC and then submitted to the main SBC Committee for consideration.

## **2. Qualifying Criteria**

- 2.1 The criteria for applying for assistance are that SBC / WW athletes must meet the conditions set out in 2.2 to 2.6 below. Warrior athletes should be at Level 6 Warriors Sessions.
- 2.2 All applicants must be SBC 1st claim club members to receive specific coaching and utilise Performance Squad equipment. Racers must compete in Club colours or other approved colours, e.g. regional team colours.
- 2.3 All applicants must be sufficiently committed to cycling as a sport to ensure the benefit of joining the Performance Squad is fully realised. Applicants will indicate the level of commitment they are able/willing to place in the programme. The PSC shall take this into consideration when making decisions on acceptance of entry.
- 2.4 Support will be provided based the athlete's racing, evidence of training, attitude at races and willingness to listen and learn to improve performance.
- 2.5 Athletes should define and agree their objectives as part of the PS with the performance coach. These objectives will be reviewed and amended as the athlete progresses within the Performance Squad.
- 2.6 Athletes should remain a member of Stirling Bike Club for a minimum of 12 months from the date of acceptance into the Performance Squad.
- 2.7 Athletes will be continually reviewed and can be removed from the Performance Squad if not meeting criteria 2.1 to 2.6 agreed with them as part of their coaching assistance.

### **3. Assistance Categories**

- 3.1 **Race Specific Coaching:** Coaching for these athletes to be tailored to meet the agreed rider objectives where practicable.
- 3.2 **Additional Possibilities:** Assistance may also be sought to provide education on various aspects of the sport and may include topics such as nutrition, physiotherapy, conditioning classes, sports psychology dietary advice and performance testing.

### **4. Coaching Levels**

- 4.1 The assistance level will be determined by the PSC and based on the following factors: commitment to SBC as a competitor, age, current results, training ethic and willingness to learn.
- 4.2 The levels of assistance will be agreed between the athlete and coach and may include items such as:
  - 1. Full training plan with one to one consultation from Coach.
  - 2. Outline training plan of potential sessions and season plan.
  - 3. Training Session Plans and General Advice.
  - 4. Invitation to discipline specific coaching events/ performance squad sessions.
  - 5. Skills and fitness pointers

### **5. Application Process**

- 5.1 Applications to join the Performance Squad will require the completion of the relevant form (see appendix).
- 5.2 Applications for membership of the performance squad will be considered by the PSC. The PSC have the final say on inclusion and exclusion of athletes from the Performance Squad.
- 5.3 Applications to join the Performance Squad can be submitted at any time of year, applicants will receive a decision within two months of applying.
- 5.4 On acceptance to the Performance Squad, athletes will need to complete a signed declaration of commitment to remaining a First Claim member of SBC for a minimum of 12 months. All performance squad athletes must race in SBC colours or other approved colours.

## **6. Limiting Factors**

- 6.1 The number of qualified coaches is the key limitation. Level 3 coaches are required for coaching on a one to one basis. Level 2 Discipline Specific Unit (DSU) coaches can run group coaching sessions relevant to their DSU.
- 6.2 Some specific requirements may require resources from out with the club expertise. In this instance funding may be allocated to provide the resource for the relevant athletes, where possible this will be completed in an inclusive manner where any funds spent are done so to benefit as many riders as possible within the club, regardless if on the Performance Squad or not.

# Appendix - Performance Squad Application Form



Performance Squad  
Application Form - Bla