

CAT 5 UPGRADE ACCELERATOR

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Coaching Education/Athlete Development
Director



Goals

- Lower barrier to racing by reducing trepidation
- Improve skills before starting racing or before upgrading
- Make riders safer for themselves and others
- Reduce crashes
- Racer retention through positive experience
- Connect rider with coach
- Makes connection with LA (potentially)



Requirements for Cat 4

- Current: Experience in 10 Cat 5 mass start races
 - Proposed: Finish (not just experience)
- Current: LA's can establish policy for upgrade clinics
 - Proposed: ½ day or longer clinic will count as 3 qualifying races
 - Proposed: mentor-races = 2 qualifying races



Rider Education Clinics

- USAC certified skills instructor (CSI) will oversee clinics and sign off to LA
- USAC will offer CSI clinic (first ones launch in 2012)
 - Must be USAC level 2 or 1 certified coach
 - Must attend and pass on bike course
- Some folks will be grandfathered on an individual basis
- USAC CSI can recruit/hire staff as needed
- Rider evaluation
- Rider, club or LA can fund program



Clinic Curriculum

- Straight line riding
- Looking over shoulder
- Cornering
- Water bottle manipulation
- Touching drills
- Etc



The Future

- Gather stats
 - Do riders who take clinic have fewer incidents?
 - Do riders evaluate clinics positively?
- Advanced clinic for 4 to 3 upgrade
- Expand to mountain bike
- Require BEFORE racing?



**THANKS
QUESTIONS?**

