

Coach: Athlete
Communication Best
Practices



ONTARIO
CYCLING

March 2023

Presented by: Roxy Slotegraaf & Jocelyn Stel

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- Today's Focus:
- Introductions
 - Communication for Events, projects, camps
 - Process Examples & Techniques

Roxy Slotegraaf

Coaching: Level 1 Mountain Bike; pursuing Competition Development

Racing Experience: Provincial Enduro & Provincial Cross Country

Athletic Highlights: Elite Provincial Champion 2022

Coaching Highlights:

- Lead Provincial Female Development Camp in Ontario, 2022
- Assistant Coach for High Performance Endurance Camp B.C., 2022
- Assistant Coach for National Female Jump Camp B.C., 2022

Hometown: Listowel, ON

Goals: Improve Endurance Coaching Skills and Communication



Jocelyn Stel

Age: 20 years old

Category: U23 Mountain Bike

Disciplines include: Mountain Bike

Term: Racing with National Team since 2021 (2 years)

Hometown: Burlington, ON

Highlights: 2nd at Nationals 2022, 4th at Nationals Cross Country 2021 & 2nd at Nationals Short Track 2021

Goals: Nationals, World Championships, Olympics, Career

Current Coach: Catharine Pendrel (Olympic and National Professional Athlete)

School: Brock University, Biomedical Science Undergrad Degree



Outline

Communication Best Practices

- 1) **Pre-Event**
 - a) Communication of the Schedule with Athletes and their Coaches
 - b) Outlining Expectations
 - c) Goal Setting
- 2) **During Event**
 - a) Check In's
 - b) Communication and Updates
 - c) Nutrition & Recovery Reminders
- 3) **Post Event**
 - a) Goal Setting Debrief
 - b) Event Discussion and Key Learnings



Pre-Event Communication






Athlete Focus:

- **Logistics:** arrange transportation and accommodations
- **Resources:** understand who the team/ project support personnel are (i.e. physiotherapist, mechanic, Head & Assistant Coaches)
- **Details:** following up to clarify any questions and confirm attendance
- **Communication:** athlete should share project information to their own personal coach & parents/ guardians

Coaches Focus:

- **Overarching goal:** Event, skills specific, endurance
- **Staff:** introductions
- **Logistics:** Cost, travel, accommodation
- **Ensuring athletes are prepared:** packing list, ensure athletes know how to use their equipment, change tire etc.
- **Expectations of athletes:** Safe sport, Rowan's law, Anti-doping
- **Nutrition:** On bike, group meals, grocery store runs



-  Should be avoided
-  No priority
-  In moderation
-  Optimal training age
-  As needed by sport

Training of Athletic Abilities and Participants' Age: Guidelines

Athletic Ability		Age (in years)																	
		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20			
Aerobic Stamina (short efforts 10-15 min)	F													😊	😊	😊	😊		
	M														😊	😊	😊		
Aerobic Stamina (prolonged efforts)	F	😞	😞	😞	😞	😞	😞								😊	😊	😊		
	M	😞	😞	😞	😞	😞	😞	😞							😊	😊	😊		
Speed-Endurance	F	😞	😞	😞	😞	😞													
	M	😞	😞	😞	😞	😞													
Strength-Endurance	F	😞	😞	😞										😊	😊	😊	😊		
	M	😞	😞	😞										😊	😊	😊	😊	😊	
Maximum Strength	F	😞	😞	😞	😞	😞	😞	😞	😞	😞						😊	😊	😊	😊
	M	😞	😞	😞	😞	😞	😞	😞	😞	😞	😞						😊	😊	
Speed-Strength (power)	F	😞	😞	😞	😞	😞	😞	😞	😞						😊	😊	😊		
	M	😞	😞	😞	😞	😞	😞	😞	😞	😞						😊	😊	😊	😊
Flexibility	F									😊	😊	😊	😊	😊	😊				
	M										😊	😊	😊	😊	😊	😊	😊		
Speed (efforts of 8 seconds or less)	F													😊	😊	😊	😊		
	M														😊	😊	😊	😊	
Speed (fast cadence of movement)	F	😊	😊	😊	😊	😊	😊	😊											
	M	😊	😊	😊	😊	😊	😊	😊											
Coordination / Agility / Balance	F	😊	😊	😊	😊	😊	😊	😊	😊	😊			😊	😊					
	M	😊	😊	😊	😊	😊	😊	😊	😊	😊	😊			😊					
Basic Techniques	F			😊	😊	😊	😊	😊	😊	😊									
	M			😊	😊	😊	😊	😊	😊	😊	😊								
More Advanced Techniques	F												😊	😊	😊	😊			
	M													😊	😊				
Tactics	F	😞	😞	😞															
	M	😞	😞	😞															

Key Guidelines:
 understand the athletes age and where they are in the training cycle & recommended training loads

During Event

General Communication

- **Group meeting:** Expectations for group living
- **Group meals:** Are great for social time for athletes to connect with each other and coaches
- **Check ins:** These do not have to be formal 1 on 1s

Ask questions! What was your energy level like today?

Daily communications:

- **Message about next day:** Ride times/ workouts, nutrition, in whatsapp or email
- Consider that the athlete is likely in school



During Event

Communication During a Session: Athlete centred

Refer back to previous session:

- Skills learned, how athlete is feeling after travel day

Guided discovery questions:

- Perception Questions: Guide focus

Problem solving together:

- Check in with emotions
- Management and implementing solutions when athletes are struggling or require support

Retrieval Question:

- Reinforce prior teachings

Feedback:

- Demonstrations and videos
- Indicate what the athlete did well before giving criticism



Question types are from a session with Judy Goss

Post-Event Communication



- **Event/ Camp Debrief and Learnings:**
 - ask questions & allow athletes to share information
 - **Goal Review:** assess the athlete's goals and whether they achieved their goals and key learnings
- **Communication:** ensure athletes know you are available for further follow up and ongoing questions/ concerns

Key Learnings Summary



COMMUNICATION



**CONFIDENCE
BUILDING**



**CHECK INS &
FEEDBACK**

Reach out! roxyslotegraaf@gmail.com joceylnstel@gmail.com

Discussion

Communication

- Provide an example where great communication went a long way.
- What questions do you use to engage your athletes?

