

Professional Coach Resume

Name: Margaret Horne

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Qualifications: Level 2 Cycle Coach, Australian Cycling Federation
Diploma of Fitness, FIA
Certified School Sports Program Provider
Senior First Aid Certificate

Experience:

Assistant Coach, Midland Cycle Club

From 2003 to 2006 (2½ years) I was assistant Coach at Midland Cycle Club, Perth WA. This involved being responsible for the weekly track and road training sessions for 30 juniors, assisting with the preparation of athletes online training programs, and assisting the Head Coach in the preparation and management of the squad at open racing events.

Race management included:

- Team and individual rider meetings to discuss tactics etc in accordance with Head Coach Instructions.
- Ensuring riders were familiar with event courses/distances etc
- Co ordination of athletes and race timetables.
- Ensuring adequate warm-up/ cool down time, equipment preparation (rollout checks, helmet checks etc) spares in appropriate vehicles
- Diet requirements pre and post racing etc.
- Team and rider debriefs

Junior Development Coach, Dunc Gray Velodrome

Since October 2006 I have been a junior development coach at Dunc Gray Velodrome. This role involves organizing 2 track training sessions a week for up to 30 juniors ranging in age from U9 thru to U17. The sessions cover skill development both for novices so that they can progress to racing, and experienced junior competitors. The role also

focuses on general fitness improvement for juniors at all levels of skill and ability.

Junior Development Officer & Coach, SCCC

In 2007 I was both Junior coach and Junior Development Officer for Southern Cross Cycling Club. This involved both management committee responsibilities and running weekly road and track sessions for both novice and advanced junior club members. In 2008 I am still responsible for the implementation of training programs for Southern Cross with new club coaches running sessions weekly.

August 2007 – Team Manager NSW Junior Road Team

I was the Team Manager/Chaperone for the NSW Junior Road Cycling Team for the Road Nationals in Canberra.

July 2008 – Masters Ladies Track Training Clinic

I was one of the 4 coaches involved in running a development clinic for Masters Ladies.

August 2008 – Assistant Coach NSW Junior Road Team

I was the Assistant Coach for the NSW Junior Road Cycling Team for the Road Nationals in Canberra.

January 2009 – Sprint Coach Youth Olympics

My role as sprint coach for 8 men and women U19 athletes required managing their day to day requirements as well as daily training sessions, gearing requirements and race tactics.

February 2009 – Assistant Coach NSW team National Track Championships

Working under Gary Sutton I assisted with all the women on the state team. I primarily looked after the female sprinters organizing training sessions, race tactics etc.

Goals:

Development and Involvement

I am committed to the development of all aspects of cycling on a social, club and elite level. I would like to continue my professional development as a selector for State Teams and progress to be involved in cycling at the National elite level.

