

# OLIVER SUART

RESUME FOR COACHING CO-ORDINATOR POSITION ON THE NORTH WEST REGIONAL BOARD OF BRITISH CYCLING 2017

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## **Summary**

I began cycling because my primary school teacher encouraged a class of kids to take part in the Raleigh Challenge at 8 years old. Since then I have raced across the UK and in Europe, across six different disciplines; represented the UK on the track; completed my education, including two degrees and a Qualified Teacher Status; created and represented two clubs and a race team; I currently volunteer as a coach, race organiser and commissaire promoting cycling in the North West. I am a highly self-motivated individual hoping to bring my professionalism and organisational skills to this role.

## **My Cycling**

1998: Raleigh challenge at 8 years old

2000: Entered racing with such events as the Manchester youth tour

2003: Selected for North West Talent Team

2004-2006: Represented the North West in inter-regional track, criterium and cyclo-cross events

2006: I was fortunate to travel into Europe to compete in international competition

2007: Involved in two accidents and had to recover for six months without cycling competition

2008: I joined team Wallis-CHH Telent and raced nationally

2009-2011: Bike Ability Coach with iCycle

2011: After a personal incident I left racing and focused on coaching and cycle safety campaigns

2012: Lead Coach for Ribble Valley Junior sessions

2015: Joined CDNW and trained to use transponder system

2016: Founding member of North West Cycle Coaching

## **Cycling Philosophy**

As a competitive cyclist I was driven by a need to be the best, fastest rider I could be. I enjoyed competition as a youth junior and young adult. I started coaching in 2006 in order to better understand the principles of training and development. I took this as far as a degree education specialising in cycle sport. My experience of cycling has created personal expectations of cycling, but I do not expect everyone to flock towards racing.

I currently chair a club named North West Cycle Coaching, I helped to create that club and did so with a very potent drive to provide relevant experience to individual participants. Some riders want to learn how to go fast and win races, some want to learn how to negotiate roads or cycle paths safely, and some just want to gain a little confidence on two wheels because they enjoy being out on their bike. North West Cycle Coaching was created to ensure that we provided the right experience for every rider: we mustn't hold back

the competitive animals, we mustn't force the nervous novices, and we have to provide the best experience we can. We want lots of riders to have a great time and a quality session.

I have a specific drive to see more female cyclists in the near future, not only because I am now the proud new father of a future women's world champion, but because greater inclusion of females at every level is the best way to address the vast discrepancy between the male and female cycling experience.

I am passionate to see cycling evolve and to see riders develop across the region. From the very young to the very old cycling is a thriving sport we can only enhance with shared experiences. By sharing our knowledge and experiences we can grow as a collective. Coaching in particular is a fast changing, constantly evolving practice. At university I studied sports science and was amazed to learn that the training principles thought sacred in the 1990s were out dated by the 2000s. This is relevant in all aspects of coaching. We, as coaches, must evolve, we must be open to new ideas, we must test and retest, push ourselves to learn more and become better. It doesn't matter if that is providing the most fun and engaging session for a few novice child riders on a Monday night or planning the most testing turbo set for a young pro, these riders give us their best efforts and as such deserve ours in return.

### **Relevant Qualifications**

Full Valid UK Drivers License	Level 2 Road and Time Trial Coach (Pending)
National Track Accreditation	Regional Commissaire Circuit
Level 1 Cycle Coach	Regional Commissaire Road
Ride Leadership Award Level 1	Qualified Teachers Status
Level 2 Go Ride Cycle Coach	BSc Hon Sports Biomechanics and Technology: Cycling

### **Cycling Activity**

I have been involved in supporting cycling activities for ten years including coaching with Ribble Valley Juniors, Cycling Development North West and North West Cycle Coaching.

Whilst at university I worked with iCycle to deliver Bike Ability in schools across the North of England

Between 2009 and 2012 I supported riders from professional teams as a student assistant for the sport science support provided by UCLan

I have also supported events such as the North West regional calendar, North West Youth Tour, Southport Dolan series, and the Colne Grand Prix as a volunteer doing everything from operating the transponder and producing the results, to running to the HQ to collect brews and everything in between.

Most recently I have gained my commissaire qualifications and now support races in the region on most weekends and at least one evening most weeks as a commissaire.

I will shortly add race organisation to this list with two short series later this year.

### **Conclusion**

With my experience as a teacher and as a coach, I have become very practiced at talking to people who are learning or developing something new. My experience as a cyclist means I have a very good understanding of our sport. I am fortunate enough to be taking a career break from teaching as I have a young daughter and thus have a wealth of time to invest. I believe with my cycling, teaching and coaching experience and organisational skills as Coaching Coordinator I can be the last little push that tips club coaching in the North-West to be the best there is for every rider.