

| 11/17/2018 | New Coach Track | Facilitator | Returning Coach Track | Facilitator |
|-------------------|---|--|---|--|
| 8:00-8:20 | Coffee and registration | NorCal Race Crew | Coffee and registration | NorCal Race Crew |
| 8:25-9:25 | Welcome, introductions, overview, and warm up | Vanessa Hauswald , Executive Director- NorCal League | | |
| 9:30-10:30 | NorCal/NICA Coaching Philosophy | Morgan Fletcher , Coach Mentor-NorCal League | | |
| 10:40-11:30 | Coach Philosophy Workshop | Morgan Fletcher , Coach Mentor-NorCal League, Vanessa Hauswald , Robert Ramirez | | |
| 11:40-12:40 | Intro to the NorCal League Family | Robert Ramirez , Program Director-NorCal League | Large Team Development and Management | Mark Ferry and Chris Sargent , Coaches-Cycling Development Teams |
| 12:45-1:30 | Catered lunch | Hosted by NorCal | | |
| 1:35-2:45 | Off the Bike Strength Training | Al Painter , President & Founder of Integrate Fitness | Strength And Conditioning For High School Teams | Dara Richman , DPT(doctorate of Physical Therapy), CSCS, owner/founder DaraSportsPT. John Cheetham , USA Cycling Level One Coach With Distinction, PC,CSIT, Precision Nutrition Level One Coach, NICA Level II Coach |
| 2:55-3:55 | Creating a Strong Team and Parent Community | Jim Warwick and Bob Agan , Coaches, Salinas High School MTB Team | | |
| 4:05-5:00 | Coach Round Table | Vanessa Hauswald , Robert Ramirez , and Morgan Fletcher , NorCal League | | |
| 5:30-7:00 | Optional coach social hour and dinner | Please rsvp to erica@norcalmtb.org | At Chicago Fire in downtown Folsom | |
| 11/18/2018 | NICA On-the Bike Skills 101 | Morgan Fletcher, Coach Mentor-NorCal League, NICA level 3 | 9:00-1:00 (lunch included) | Must be pre-registered (sign up at norcalmtb.org) |
| | NICA On-the Bike Skills 201 | Morgan Fletcher | 1:30-5:00 | Must be pre-registered (sign up at norcalmtb.org) |
| * | Recommended for new coaches | | | |
| * | Recommended for returning coaches | | | |
| * | Recommended for all coaches | | | |