

01/12/2019	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		
11:40-12:40	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		
12:45-1:30	Catered lunch	Hosted by NorCal		
1:35-2:45	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
2:55-3:55	Creating a Positive Team Culture	Otis Guy		
4:05-5:00	Coach Round Table	Morgan Fletcher and Vanessa Hauswald		
5:00-7:00	Optional coach social hour	Location: The Running Shop and Hops 17500 Depot St Suite 100 Morgan Hill, CA		
01/13/2019	NICA On-the Bike Skills 101 NICA On-the Bike Skills 201	Morgan Fletcher, Coach Mentor- NorCal League, NICA level 3 Morgan Fletcher	9:00-1:00 (lunch included) 1:30-5:00	Must be pre-registered (sign up at norcalmtb.org) Must be pre-registered (sign up at norcalmtb.org)
*	Recommended for new coaches			
*	Recommended for returning coaches			
*	Recommended for all coaches			