

## **FasCat Coaching & Performance Cycling Center**

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## **FasCat New Athlete Handbook**

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### **Overview**

Welcome to FasCat Coaching! Please read through this new athlete handbook to help make your coaching experience the best it can possibly be. All FasCat coaches take pride in providing sustainable, long term coaching relationships. The most difficult time in a coach/athlete relationship is the beginning. This handbook is a way to make this transition easier and more enjoyable for you as an athlete. Here are a few basics:

- We craft your training plan in TrainingPeaks. It ensures plans are easy to change and provide excellent customization.
- Our upper Level 2 & 3 coaching programs come with a free TrainingPeaks premium account
- Our Level 1 athletes can elect to purchase a discounted TrainingPeaks premium account for \$15.96/month. You may also elect to use a free basic account. Talk to your coach during the coaching consultation about the features a premium account provides.
- While a power meter is not required for coaching we HIGHLY recommend their use.
- Please prepare for your initial consultation as best you can

### **Communication**

The key of any coach/athlete relationship is communication. At FasCat we prefer to use the communication method that is most reliable with each client. Some athletes love e-mail, others prefer the phone. Texting is OK for updates but not for effective coaching communication. We want to use what's best for you. We will return client initiated contact on the same business day

during normal business hours. Our office is open from 9AM - 5PM Monday through Friday (MST) OR by appointment.

Using a power meter and having data files for your coach to review serves as another key component of communication.

As a reminder, what differentiates us from other coaches and coaching groups is our communication. If you have to work late and are going to miss a workout, gives us a call or email – we'll revise your training plan. If you aren't feeling well, let us know in advance & we will advise. Similarly if a business trip pops up, just let your coach know and he or she will come up with a plan B for you.

While we encourage communication, the amount of communication you are to receive is dependent on the coaching plan you choose. See more below.

### **Data Handling**

You will receive your training plan in TrainingPeaks.com. From there your coach will pull your power data down into the power-based desktop software WKO+ 3.0. If you'd like a copy download the [free trial](#) and ask your coach about purchasing a discounted WKO+ license for \$99. Please bear in mind WKO 4.0 is supposed to be released June of 2014 and you may want to wait to buy until then.

WKO+ 3.0 is NOT MAC compatible. WKO 4.0 is and will be MAC compatible.

### **Expectations**

First and foremost you can expect to get a lot faster on the bike! All of our coaches adhere to the **FasCat Core Values**. If at any time you feel like your coach is not working at or above these standards please contact our Director of Coaching, [Jason Hilimire](#).

As a FasCat athlete we expect you to follow the training calendar we prescribe for you as close as possible. As such, it is essential that you communicate ALL potential issues affecting your ability to carry out your training to your coach BEFORE they build your next schedule.

We also expect to receive regular feedback from you in your own words. This can be in the form of a weekly email summarizing your training week or a phone call to chat. Local athletes are encouraged to stop by the FasCat Performance for a short visit before or after their rides.

Lastly, we will be calling you at least once a month (more for higher level coaching plans) in order to monitor your training. These are essential conversations to planning out your next training block and coaching you to your goals. We strive to design your training plan based on what is possible around your life, work, weather, job, family and time constraints. As such when we call you we expect for you to call us back or let us know when a good time to call is.

### **Training Calendar Revisions**

Plan changes due to illness, injury, or weather related limitations are always part of all FasCat coaching packages. Please let your coach know AS SOON AS POSSIBLE when these events arise

for advice and to have your plan updated. If you require frequent plan changes due to dynamic work and/or family schedules please choose a higher level coaching plan that involves more contact to ensure your changing needs are always met in a punctual manner.

### **Coaching Levels**

It is imperative that you examine and choose the correct [coaching package](#). It is highly recommended that athletes desiring more attention choose a higher coaching level to ensure the most productive coach-athlete relationship. All packages include abundant communication with your coach when you are getting up to speed with your plan as well as if you become ill or injured. Communication Frequency & Coaching Level specifications are as follows:

Options	Level 1	Level 2	Level 3	Level 4	Level FIVE
Cost /4 week training block	150	225	300	450	600
Start up fee	75	110	150	200	250
Training Peaks Account	Basic	Premium	Premium	Premium	Premium
<b>Power Based Training</b>	X	X	X	X	X
Power Data Review	weekly	twice weekly	daily	in "real time"	in "real time"
Communication Frequency	monthly	bi-monthly	weekly	extensively	daily
<b>Field Testing</b>	X	X	X	X	X
<b>Off Season Training Program</b>	X	X	X	X	X
10% Discount on ALL Camps & Clinics, Bike Fits, PowerMeters, Lab Testing, & Indoor Cycling Classes	X	X	X	X	X
"A" Race Support				Discounted	X

Athletes can move up or down coaching levels at any time. FasCat does not require you to commit to a contract. We do offer 5 & 10% discount for ½ year and full year advanced payments (by check).

Also, please see our On Hold and Cancellation Policy

### **FasCat Athlete 10% Discount**

All Fascat Athletes are entitled to a 10% discount off any of our services across the board. Whether that's a powermeter, a camp or a clinic take 10% off! The only exception are Stages Powermeters per our dealer agreement.

### **Billing & Administration**

We have a very simple billing system that will make paying for your coaching as easy and painless as possible. All that we require is a credit card and authorization to charge your card for your coaching every 4 weeks.

Every 4 weeks you will receive a new training calendar & your card will be run.

Pretty simple, huh? We think so. If you would like to discontinue your coaching, please let your coach & [Frank Overton](#) know 2 weeks in advance of your next billing cycling.

If we try to run your card and it is declined, we will we'll give you a friendly phone call to correct the situation.

### **Next Steps**

At this point you have already filled out your new athlete questionnaire and have scheduled your initial consultation with your new FasCat coach. Some items to consider for this meeting:

- Goals and/or races to focus on for the coming year
- Limitations affecting your training (work, family, hobbies, etc)
- Preferred coaching level and communication frequency
- Questions or issues with data file downloading and transfer

*We look forward to helping you reach your goals!*