



COACH NAME

Julie Labbett

TYPE OF ACTIVITY

Cycling

LOCATION

Penrith

COACHING DETAILS

Breeze Ride Leader for British Cycling's Breeze programme for women

"Show your participants how passionate you are and that passion will transfer to them"

#PassOnYourPassion

How long have you been coaching?

I have been a Breeze Ride leader for four years after seeing an advert for Breeze Champions in the local area.

What do you enjoy most about coaching?

I had always enjoyed cycling myself and was keen to share my love of the sport. I enjoy the social side of the rides but I also enjoy seeing the way the ladies confidence increases as they take part in the rides.



Leading a Breeze Ride

Be part of it!

Why are you passionate about Coaching?

I'm passionate about what I do because I feel that it is important for there to be positive female role models.



Breeze Ride Participants

Do you have any tips that would help the next generation of female coaches?

My main tip would be; show your participants how passionate you are and that passion will transfer to them.

Be part of it!