



COACH NAME

Penny Kingsland

TYPE OF ACTIVITY

Cycling

LOCATION

Rowrah

COACHING DETAILS

Youth cycling Coach & Breeze Ride Champion with British Cycling

"Plan what you are going to do in a session in advance. It will help your confidence. But be flexible as things don't always turn out the way you expect"

#PassOnYourPassion

How long have you been coaching?

I completed the British Cycling Club Coaching course in 2000 although I had been helping with Lakeland Sprinters Youth Cycling sessions for a few years before that.



Race League 2

How did you get into coaching?

I mainly started coaching so that the club could continue and would still be there for my children to participate in. All these years later I'm still coaching for Lakeland Sprinters! In that time the club has become a Clubmark GoRide one. In the last few years I've also done some coaching with adults and children with Beacon Wheelers and

Be part of it!

at some of the local schools and in 2012 I became a Breeze Champion and have enjoyed leading women only rides.



Ambleside competition

What do you enjoy most about coaching?

It's great to see the youngsters enjoying riding their bikes and seeing their skills progressing. I've also made loads of new friends through Breeze. It's been wonderful to see women improve their fitness and ability in the supportive atmosphere of Breeze rides. Many of those who joined my rides have progressed to become Breeze Champions themselves.

Why are you passionate about Coaching?

I'm passionate about cycling in its many disciplines and guises: for racing, for leisure, for transport. Through coaching GoRide and leading Breeze Rides I hope to pass this on and enable others to have as much fun as I have on my bike.

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

Plan what you are going to do in a session in advance. It will help your confidence. But be flexible as things don't always turn out the way you expect.



Rowrah training

Be part of it!