

PARASPORT COACH PROFILE

Murray Solem

Cycling Coach

Barrie

Coaching Experience: 7 years athletes with a disability
20 Total

Context: High Performance



Why did you start coaching athletes with a disability?

I was a tandem pilot and after all my experiences in the paracycling side I loved the people and wanted to help them achieve what I had in sport.

What are the aspects of coaching athletes with disabilities do you find most enjoyable?

I admire their passion for life and eagerness to learn.

What is your best coaching moment in parasport? Why?

Every event has it's moments. I am constantly learning new things and seeing my athletes push themselves to new heights.

What aspects of coaching athletes with a disability have you found challenging?

Athlete retention is a challenge, as the gap from regional to national and Olympic is large. With small fields it's hard to get people to stay and buy into the program.

Describe the aspects of participating in sport that make the experience fulfilling, valuable, and meaningful for the athletes?

Participation in sport enhances overall quality of life and gives you the knowledge that you can do anything.

How do you contribute to increasing the support and awareness of adaptive sports?

I strive to constantly inform people and push for more inclusion in able body competitions.



Contact education@coachesontario.ca for contact information!

NCCP PARA-CYCLING

http://www.cyclingcanada.ca/wp-content/uploads/2012/05/ParaLTAD-Eng_FINALUpdated2013.pdf



NCCP ABLE BODIED

Let's Ride!

To Register: <http://www.ontariocycling.org/oca-coaching/upcoming-courses/>

As a coach, I want to increase participation and encourage athletes to have fun while learning fundamental skills.

For questions or concerns contact: [Michael Suraci](#)

Ready to Race!

To Register: <http://www.ontariocycling.org/oca-coaching/upcoming-courses/>

As a coach, I am preparing athletes (building fitness, refining skills) and introducing them to racing.

For questions or concerns contact: [Michael Suraci](#)

Performance Cycling

To Register: <http://www.ontariocycling.org/oca-coaching/upcoming-courses/>

As a coach, I support provincial and national level athletes by helping them reach their performance goals.

For questions or concerns contact: [Michael Suraci](#)

HIGHLY RECOMMENDED – PARA-CYCLING

PARA

Para-Cycling LTAD Model

http://www.cyclingcanada.ca/wp-content/uploads/2012/05/ParaLTAD-Eng_FINALUpdated2013.pdf

HIGHLY RECOMMENDED - MULTISPORT

NCCP Coaching Athletes with a Disability

To Register: www.coach.ca/coaching-athletes-with-a-disability-s17345

Coaching Athletes with a Disability NCCP training provides coaches the knowledge to deliver quality, positive sport experiences for athletes, specifically with behavioural, intellectual, physical, and sensory disabilities.

Useful Links:

Need more information? Email education@coachesontario.ca to help navigate the NCCP coaching qualifications, as well as find additional ways to achieve the coaching qualifications (e.g.- direct to evaluation option, etc.).

- Cycling Canada <https://www.cyclingcanada.ca/get-involved/coaches/>
- Cycling Ontario <http://www.ontariocycling.org/oca-coaching/coaching-overview/>
- Coaches Association of Ontario <https://www.coachesontario.ca/>
- Coaching Association of Canada <http://coach.ca/>
- ParaSport Ontario <https://www.parasportontario.ca/clubs/cycling>

Funding Opportunities:

Grants are available to pay a portion of NCCP courses through the Coach Enhancement Coach Bursary program. <https://www.coachesontario.ca/programs-resources/funding-for-coaches/> or email cep@coachesontario.ca

