



Sport Coaching

Kisiel Coaching offers coaching packages for recreational and competitive athletes, specializing in *cycling, triathlon, and cross-country skiing.*

The foundation of successful coaching at any level is communication...

A result-based coaching approach requires consistent communication. Kisiel Coaching offers unlimited client-initiated email contact and regular coach-initiated contact to ensure the athlete's training plan is dynamic, effective and leads towards desired goals. Communication begins with the initial assessment and is maintained with regular in-person meetings or phone conversations.

Initial Assessment

At the onset of a sport coaching relationship a thorough assessment of the athlete is conducted. The assessment will review the athlete's sport and training history, training resources and time, life demands, health status, strengths and weakness, long and short-term goals, mental attitude, and training behaviors.

Consistent Communication

The coach and athlete will schedule periodic in person meetings or phone conversations to review previous training, answer questions, evaluate progress towards goals and adjust the training plan as needed.

Coaching Levels

Three coaching levels are offered depending on how much individual contact the athlete prefers.

- **Gold Level** – Weekly meetings
- **Silver Level** – Bi-weekly meetings
- **Bronze Level** – Monthly meetings

Recreational or Competitive Package?

The competitive package provides closer athlete monitoring and a more detailed training log. This package also includes a more in-depth nutrition analysis and a sports-specific strength training and stretching program. This can be added to the recreational package for an additional fee. Guidance about race specific topics such as race selection, season calendar planning, race preparation, strategy, and recovery methods are also included in the competitive package.

Recreational Package Offerings

- Individualized training program with a spreadsheet of daily workouts
- Establishment of appropriate heart rate training zones
- Sports nutrition guidance
- Assistance with gear selection, fit and maintenance
- Mental training skills
- Technique explanation and drills
- Life balance examination – work, family, stress level, sleep quality
- Short and long-term goal setting

Pricing

Packages are offered at a monthly rate.
All prices include New Mexico Gross Receipts Tax.

Initial Assessment:	\$125/one-time fee
Gold Level:	\$350/month
Silver Level:	\$200/month
Bronze Level:	\$125/month

Competitive Package Offerings

Everything from the Recreational Package plus...

- Review of current training plan
- Skills assessment to determine strengths and weaknesses
- Review of heart rate and power files
- Sport specific strength training and stretching program
- Season calendar planning, including guidance on race selection and prioritization
- Race preparation, strategy and recovery advice

Pricing

Packages are offered at a monthly rate and require an initial three-month minimum commitment. *All prices include New Mexico Gross Receipts Tax.*

Initial Assessment:	\$125/one time fee
Gold Level:	\$425/month
Silver Level:	\$275/month
Bronze Level:	\$200/month