



The Chain Gang
127 Runnymede Av, Chartwell, Fourways 2161
Coach Smish: 072 435 2751 • chaingang.co.za
#CHAINGANGMTBCLUB
Reg no.: 2024/094798/07

In association with



YOUR 2-WHEELED, SKILLS PILOT

Coach Smish has been cycling since she was 29 and has greatly achieved in the sport, including competing in the Ironman 70,3, Ultra Triathlon Series, Multiple stage races, and one day races in both Road and MTB. In 2016 she decided that her passion for the sport needed to be shared with big, and little superheroes everywhere, so she became a mountain bike coach. ***In recognition of her love, growth, passion and dedication to the sport, she was awarded the GAUTENG CYCLING LIFETIME ACHIEVEMENT AWARD 2024!***

She is a commercial photographer by trade. Having worked with a business partner in the kids Like2Bike series, organizing and running MTB, Trail Running, Fundraising and Duathlon events at different trail and Estate facilities in and around Joburg, since 2016, she also runs the Gauteng Cycling XCO LiTE Series with Paola Damilano, giving beginner and intermediate riders the opportunity to grow in the sport and move to the Provincial Series. Getting peeps on bikes is her passion and Coach Smish strives to ensure that each and every rider feels comfortable in what they are doing and has the confidence to tackle new obstacles on their own, or in groups and feel able to share their experiences with family and friends. Safety is foremost and guiding the riders to approach with sense and ability, is very high on her list. The Chain Gang has a kids race team giving riders the chance to really embrace the sport from a team perspective from training, to support before, during and after the race and debrief.

Coach Smish can't wait to give adults and children the opportunity to learn to ride, improve their riding and find confidence in all that they do. She strives to get children off their training wheels and continues to help them grow their ability as learning to ride a bike has many benefits: It assists children to cross the middle line which helps with reading, writing and mathematics. Riders develop their cardiovascular muscles and cycling is linked to bone health and strength and helps develop the lungs and heart. Cycling improves strength, balance and coordination and as the rider becomes independent, they build self-confidence and become aware of their bodies and their surroundings. Riding a bike can be therapeutic and a great way to bond with family and friends. Working with the Soshanguve Development team assisting with nutrition, riding, training and donations, she gives back where she can.

Coach Smish has attained her BICP coaching qualification and is internationally certified as a MTB skills coach, is first aid certified, has police clearance and is a certified spinning instructor. She has also completed her Sports Psychology level 1 through Training Peaks and is a Training Peaks Coach.

Coach Jade has recently come on board and we welcome her patience, expertise and care she shows to the children.

All lessons are well planned and ensure that they cover the skills needed to take on a new challenge no matter where you are. This program also will open a chance to up skill new coaches.

"Ride it like you stole it, rubber side down with miggies in your teeth"



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KIDS & FAMILY MTB CLUB

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BRIEF OUTLINE OF SKILLS COVERED

General	Slow speed skills	Fast/Power speed skills
Know your bike and bike checks	Neutral/Ready position	Ready/Race position
Correct helmet fit	Level pedals and standing (static holds)	Out the saddle
Trail etiquette	Bike body separation	Bike body separation
Scan terrain	Modulated braking	Emergency braking
Commitment	Soft gear changes and chain pressure	Quick, hard gear changes and chain pressure
Race and ride prep pre event		Stomp and drop braking
Ride prep at venues pre event	Ratcheting	
Time trials	Rear wheel awareness	
Fitness and strength fun	Tight corners	Tight corners
Trail application	Rock dodge	
	Switchbacks incline	Switchbacks decline
	Gearing on incline	Gearing on decline
	Stopping on incline	Stopping on decline
	Weight shift for terrain	Weight shift for terrain
	Low height riding/overhangs	Low height riding/overhangs
	Lips, dips and roots	Lips, dips and roots
	One hand - bottle change	One hand - bottle grab
	Shock loading	
	Drops and roll downs	Small jumps
	Track stand	Explosive power
	Skinny's/bridges	
	Rock gardens	



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