

MCA Progressive Coaching Pathway

Tier 1: Program Volunteer



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You provide supervision and support during rides and skills sessions, following the Rule of Two to ensure a safe and positive environment for all riders.

Tier 2: Ride Leader



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You lead rides and skill sessions, helping youth build confidence and core cycling skills while supporting a fun, inclusive atmosphere.

Tier 3: Community Trained Coach



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You provide more technical coaching, take leadership in scheduling and mentoring of Tier 1 & 2 coaches, and help grow local program capacity to strengthen the club-based youth cycling pathway.

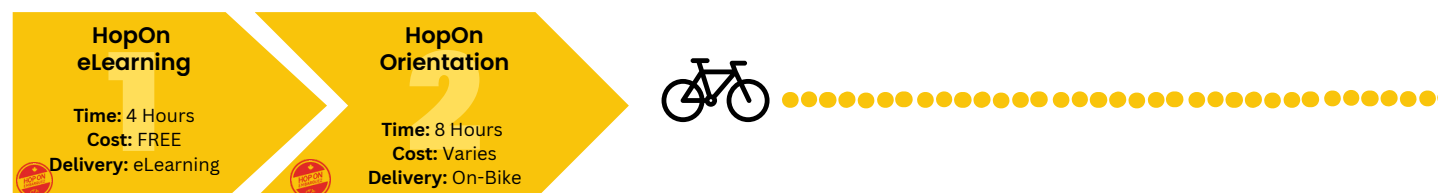
Tier 4: Introduction to Competition



Tier 4: Introduction to Competition Coach

You prepare athletes for competition, developing advanced skills, race readiness, and positive sport experiences.

HopOn Certification (Optional Pathway for Tier 3 Coaches)



HopOn Certified (Optional Pathway)

You deliver the HopOn curriculum, introducing youth to cycling through fun, skill-based activities and community engagement. The program naturally leads riders into the Kids of Mud pathway.