

## **Simon Crouch – My sporting background.**

### **Overview:**

Born in England into a working class family, I have a younger sister and my mum and dad who gave the both of us a “try hard, work hard” type of upbringing. Relationships mattered and we tended to take everything we did on trust that it was the right thing to do – this was not perfect and we made mistakes, but ultimately we did not skip or miss school, volunteering, practice or anything else that we had given our name to.

At school I did not really struggle sports wise and played on school teams for Rugby, Football (soccer), Field Hockey and Track and Field. Academically I stayed to get a secondary education in Business and Finance and moved on in quick order to pursue a full time life as a committed all-in athlete. My sport was and remains cycling, and I started racing at the age of 13 years old, and was invited into the National Track Squad at 18years of age.

### **My sport:**

Cycling became my ‘Zen’ very quickly, like athletics I loved the team camaraderie but the fact that when it was time to compete, it was me and no-one else that had to deliver and search out the win. The training structure, technical and mechanical nature in which we break down the drill / exercises made immediate sense. The psychology of the Athlete was also something that was taught in the teams I was part of, again from a very early age. The cycling discipline I became specialist in was ‘velodrome’ or ‘track’, competing at indoor and outdoor venues.

### **Palmares:**

#### **Team GB – Track Squad**

**1989 to 1991**

Events representing Great Britain

Six Nations Track – Competed in Sprint Events.

Rockingham Forest 2 day stage race. (Preparation for World Championships.)

Market Harborough City Centre Criterium. (Preparation for World Championships.)

Plus other events where Team GB were allowed exemption for us to compete in higher categories for preparation.

First reserve for the World Championships in Colorado.

My squad team mates during this time were – Chris Newton, Rob Hayles, Paul Jennings, Martin Dainty, and Andy Forbes.

All of my ex-team mates other than Martin, Andy and myself went on to win Olympic, World and Commonwealth Games medals over and above other National titles, and I am proud to still call them friends.

### **Other career highlights:**

#### **National Championship Performance –**

1989 to 1991 Top 5 Sprinter in the UK (best was 4<sup>th</sup>)

1991 – 6<sup>th</sup> Points Race.

Multiple top 10 performances.

#### **AC Milizac, France – Road Racer / Track Rider.**

**1991 to 1993**

To solidify my desire to be a ‘Professional’ meant a place living and racing for a team in France. The team had ex le Tour riders and had a history of producing great riders. This was my first time living away from home and yes I learnt to speak French very quickly!

Competition of note:

La Tro-Bro Leon – International World Selection Race.

Tour du Finistere – International World Selection Race.

Multiple events at Elite level in and around France.

## Team Planet X – Track Rider

2009 to 2010

The opportunity to return to track and compete in National and European Masters Track Championships, riding for a trade team. Part of our team duty was the test any prototype products that were destined for open market on the Planet X web site.

National Masters Scratch and Points Race – 6<sup>th</sup>  
European Masters Scratch and Points Race – 6<sup>th</sup>

### Championships Won:

1988 – Juvenile Division Criterium Champion.  
1990 to 1991 – Leicestershire Cycle Racing Association Track League Champion.  
1993 – Central England Criterium Champion.

Track wins – Circa 100 victories in Open and Track League Events at all levels.  
Road / Criterium wins 25 at all levels including Elite level.



### Motivation:

Racing is Racing no matter what the discipline, be it Athletics or Cycling. My knowledge and experience is there to be shared. As an athlete I pushed coaching staff hard – I always wanted / want to know the why? And have the importance of certain drills / warm up / core and strength exercise explained so that training remains the place of work (enjoyment and fun). Racing then becomes the enjoyment of competing. Knowing that you have done everything correctly in training brings confidence to take into race day. I trained to compete – training and competition are different and should not be confused. Competing is the ultimate test to how well one has applied the learning and training.

The opportunity to train and coach the Calgary Warrior Track team is something I feel privileged and honored to be asked to do and I thank Jan and the board for giving me the opportunity.