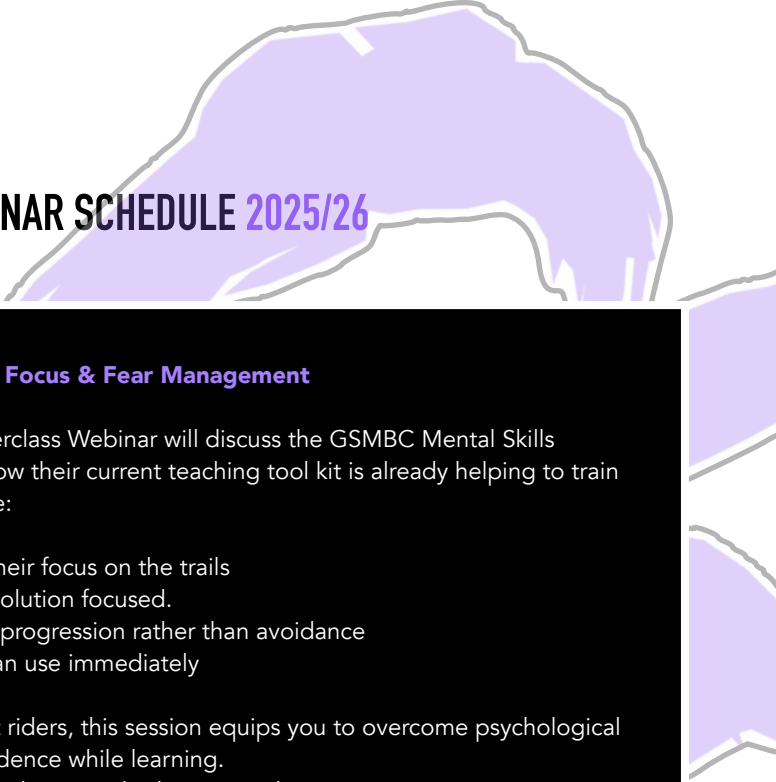




GSMBC MASTERCLASS WEBINAR SCHEDULE 2025/26

GSMBC Mental Skills Masterclass #1: Confidence, Focus & Fear Management

Unlock the mental edge your riders need! This Masterclass Webinar will discuss the GSMBC Mental Skills Framework and equip coaches with an insight into how their current teaching tool kit is already helping to train the mindset of their students. Example topics include:

- Build your students' confidence and sharpen their focus on the trails
- Help students manage fear, stay positive and solution focused.
- Why fear is a good thing and how to use it for progression rather than avoidance
- Apply practical mental strategies your riders can use immediately

Perfect for coaches working with beginners to expert riders, this session equips you to overcome psychological barriers and boost your students resilience and confidence while learning. Spots are limited — register now and give your riders the mental edge to excel!

Oct 30,
2025

Cognitive Strategies for Coaching Neurodiverse Riders

Every rider learns differently — and top coaches know how to adapt. This webinar equips mountain bike coaches with practical, human-centered strategies to teach riders with diverse cognitive abilities effectively.

In this session, you'll learn how to:

- Apply inclusive, adaptable teaching methods for all learning styles
- Tailor lessons to different abilities and needs
- Create a supportive learning environment that fosters confidence
- Help every rider develop skills, independence, and enjoyment on the trails

Sign up today and transform how you coach all learners — giving every rider the opportunity to succeed!

Nov 10,
2025

How to Build Long-Term Coaching Programs for Students, Staff, or Athletes

Take your coaching to the next level with GSMBC's strategies for designing progressive, long-term programs. This webinar shows coaches how to plan layered curricula that drive sustained development for riders, staff, or athletes.

In this session, you'll learn how to:

- Project learning objectives from reflection into structured coaching programs
- Integrate tools from GSMBC's Expert Coach course, including the Long-Term Coaching Plan (LTCP)
- Set performance targets that support progression at every level
- Deliver programs that maximize skill development, engagement, and long-term growth

Sign up today and master the art of building coaching programs that deliver lasting results!

Dec 9,
2025

Suspension Setup & Tuning for Coaches: Equipment Skills in Action

Take your coaching to the next level with GSMBC's advanced suspension tuning strategies, part of the Equipment Skills pillar. This webinar equips coaches to improve rider performance and confidence by teaching suspension as a complete system rather than isolated components.

Jan 27,
2026

In this session, you'll learn how to:

- Refine high- and low-speed compression and rebound settings
- Set up suspension with a holistic, system-wide approach
- Use clear language and analogies to make suspension setup simple, repeatable, and teachable
- Boost student confidence and on-trail performance through expert equipment coaching

Sign up today and strengthen your Equipment Skills to enhance every rider's experience!

A Deep Dive into GSMBC's Teaching Skills: The Language of Coaching

Master the art of coaching with GSMBC's core Teaching Skills framework, part of the Teaching Skills pillar. This webinar equips coaches with advanced communication techniques to adapt sessions for individuals and groups, maximizing learning and engagement.

Feb 18,
2026

In this session, you'll learn how to:

- Apply GSMBC's structured teaching methods: goal setting, content planning, session structure, strategies and styles (building block, compare-and-contrast, terrain-based, direct instruction), challenge, and reflection & projection
- Communicate effectively with riders of varied learning styles
- Strengthen rapport, trust, and student retention
- Use human-centric techniques to ensure lessons are engaging, clear, and result-focused

Sign up today and elevate your Teaching Skills to deliver structured, impactful coaching every session!

Coaching Women's MTB Programs

Create empowering, inclusive mountain bike programs with GSMBC's expert guidance. This webinar equips coaches, bike schools, and program organizers with the tools to build welcoming spaces that support women and gender-diverse riders.

March
5, 2026

In this session, you'll learn how to:

- Foster community, belonging, and confidence for all riders
- Embrace and adapt to diverse riding abilities
- Apply practical coaching strategies to make programs accessible and inspiring
- Encourage a culture of equity, encouragement, and long-term engagement

Sign up today and learn how to design programs that empower every rider, on and off the trails!

Mountain Bike Coaching in Quebec & Eastern Canada: Regional Insights and Strategies

Join this French-language webinar to explore the state of mountain bike coaching in Eastern Canada. Connect with fellow coaches as we discuss the successes, challenges, and opportunities faced by bike parks, schools, and coaching companies in the region.

Apr 20,
2026

In this session, you'll learn how to:

- Share and learn from regional coaching successes and challenges
- Build connections and a sense of community among Eastern Canada coaches
- Apply GSMBC's holistic coaching skills system to strengthen programs and rider development
- Gain practical strategies to enhance program planning, progression, and engagement

Register today and be part of a collaborative discussion shaping the future of mountain bike coaching in Eastern Canada!

AMTB: Adaptive Coaching 101

Step into the world of adaptive mountain bike coaching with GSMBC's foundational webinar. Designed for coaches working with riders of diverse abilities and adaptive equipment, this session equips you with human-centric approaches to guide every student effectively.

May 6,
2026

In this session, you'll learn how to:

- Lead inclusive sessions for beginner to intermediate adaptive riders
- Explore different adaptive equipment and bike setups for both two- and three-wheeled riders
- Apply practical strategies to develop rider confidence, independence, and enjoyment
- Use GSMBC's frameworks to structure sessions, manage risk, and foster engagement

Sign up today and gain the skills to inspire, connect with, and elevate every adaptive rider you coach!

Collaborating with Trail Builders: Designing Safer, Smarter, and More Progressive Trails

Discover the critical role coaches play in shaping sustainable and progressive trail networks. This webinar equips coaches, bike schools, and program organizers with the tools to collaborate effectively with trail builders and ensure trails support rider development at every level.

Jun 23,
2026

In this session, you'll learn how to:

- Provide feedback on trail design, safety, flow, and progression
- Integrate coaching knowledge to create trails that enhance skill development
- Build safer, more fun, and community-focused trails that foster long-term engagement
- Support the creation of inclusive, progressive, and sustainable mountain biking environments

Sign up today and learn how to influence trail design to maximize rider progression, safety, and enjoyment!

Jul 22, 2026	Preventing Rider Burnout & Plateaus Keep your riders engaged, motivated, and progressing with GSMBC's practical strategies. This webinar equips coaches with the tools to identify fatigue, support recovery, and maintain safe, enjoyable sessions. In this session, you'll learn how to: • Spot signs of burnout and skill plateaus before they affect performance • Apply recovery and motivation strategies to keep riders progressing • Maintain confidence, engagement, and steady development for all ability levels • Deliver sessions that are fun, safe, and sustainable, ensuring long-term rider growth Sign up today and learn how to help your riders stay inspired, challenged, and progressing on every ride!
Aug 25, 2026	Coaching Confidence on the Bike Unlock the mental side of mountain biking with GSMBC's Coaching Confidence on the Bike webinar. This session equips coaches with strategies to help riders overcome fear and build trust in their abilities, creating a psychologically safe learning environment. In this session, you'll learn how to: • Recognize and respond to riders' mental states such as anxiety, excitement, and confidence • Apply GSMBC's Mental Skills Framework to enhance communication and support • Foster a deeper connection with your students, boosting their confidence and overall experience • Integrate mental skills training into your MTB programs for a well-rounded approach Sign up today and transform your coaching by unlocking the power of mental skills!
Sep 21, 2026	Coaching The Mind: GSMBC Mental Skills Masterclass #2 Take your coaching to the next level with GSMBC's advanced mental skills strategies. This webinar equips coaches to integrate resilience, decision-making, and psychological safety into holistic, long-term coaching programs. In this session, you'll learn how to: • Foster resilience and confidence in riders of all levels • Enhance decision-making skills under pressure on the trail • Build psychologically safe learning environments that encourage risk-taking and growth • Integrate mental skills into long-term coaching plans for sustainable rider development Sign up today and discover how to coach the mind as effectively as the body!