



## COACH: ERICA GREEN

- Founder Daisyway Coaching Systems (1999)
- Raced bicycles “professionally” 1993 – 2000
- MTB World Cup Circuit 1994 – 2000
- Multiple SA National Cross Country Champ
- Represented SA at:
  - 2 x Olympic Games (1996 Atlanta (Road and MTB) and 2000 Sydney (MTB))
  - 1993 Track Worlds (3000m Individual Pursuit and held SA/African record for 10 years)
  - 1996 World Road Champs
  - 1995 – 2000 World MTB Champs (finally ranked 29th on UCI)
- UCI Level 3 (Diploma) Certified Coach
- Sport Massage (Stellenbosh University)
- Combine science AND art (of coaching) in order to maximize athlete’s performance and enjoyment of cycling
- Life philosophy:
  - We are not judged by how many times we win or lose, but by how we play the game / Only dead fish follow the stream
- Coaching Philosophy:
  - You can only go as high as you reach
- Role:
  - Coach
  - Website/Marketing
  - Training Camps
  - Bike Set Up