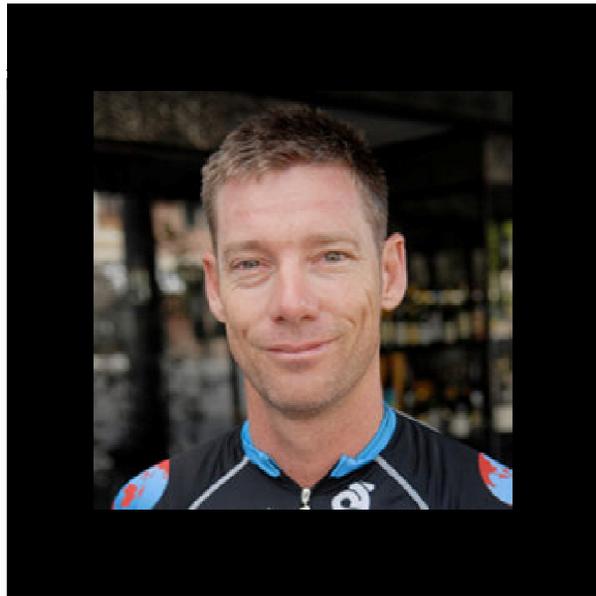


Matt Ryan

## Cycling Mentor Program



## About Matt Ryan

Matt is the type of guy you would like to have as your neighbour, plenty of equipment to borrow in his shed, he is always happy to loan it out and with that normally comes a wealth of knowledge that he is also happy to share. Matts experience of race craft spans over 30 years he has been racing and riding for almost all of this time, cycling has been his work, hobby and still today remains his passion.

Matt started racing as a juvenile in the bramble bay cycling club in Redcliffe and today holds close to those original roots with a large commitment to Moreton Bay Cycling Club (MBCC). Racing with them and mentoring their many club members.

The secret to his success over so many years is down to one simple ethos love what you do and do it to the best of your ability....

Matts Numbers:

183 cm in height

78 kgs in weight

45 Years old

28,000 km the distance he rides each year

19 the number of state titles he has won

1 the number of national titles he has won

17 the number of races he won last year



## My Belief System

In the Dark before the dawn of each day I get another opportunity be the best I can be in my life. Cycling is the vehicle I have chosen to leverage that and while I'm on the bike I feel unbeatable.

*Perturbation* is a mathematical term to apply pressure and the effects of what happens when that pressure is applied. This is the best term I have found to best describe a cycling race, the harder the race is and the more pressure I feel the more I want to push myself. I believe that this is where an athlete is truly defined and to be able push past these points will allow you to succeed in anything you put your mind to. All my goals and dreams will be achieved.

## Teams & Countries I have raced in

- Italy Team Olmo (1996 – 2000)
- Germany Team Emporelli (2005)
- Australia Merida Australia Cycling Team (2009 2011)
- Australia Virgin Blue Cycling Team (2011 2012)
- Australia Mainline Cycling Team (2012 2014)
- Australia Crankstar Cycling Team (2014 2015)
- Australia MBCC Race Team (2015 Current)

## Mentoring Program

*Good mentoring relationships can be richly rewarding, not only for the person being mentored, but for the mentor too!*

Matt can, among other things, provide exceptional learning experiences for you and, in doing so, expand your awareness, insight and perspective.....



### **Experiences I have learnt in life and how I think I can be a changing factor in your life as your mentor....**

I have personally achieved success in cycling by being realistic and credible in my ability and, the area where I'm looking for support. For this reason, I will offer guidance to help them develop your specific skills or qualities in cycling, or to help you reach important decisions with your cycling future. This doesn't mean that I can answer all your questions but together we will find answers to these questions with logic from your own thinking, with some help from my experience to support them.

I am always a positive person and find the positive in all situations being role model and lifter will always allow us to find the positive in your situation. I can always learn a lot from simply by watching you how you behave in any particular situation. I will also look out for experiences, or even create situations in which you can become involved to learn new things, for example, providing a look behind the scenes or a glimpse at how other people live or do things in the profession and amateur cycling world.

Be genuinely interested in you as an individual. A mentoring relationship is a very personal one, which is often very important to you, so, as a mentor, I need to get to know you personally, about your hopes and dreams, so I can help you in a way that meets your personal cycling best interest. Sometimes for this reason, a parent is often not a good mentor for their child, as their parenting relationship and emotional connection will influence your guidance. That's not to say that a parent can never provide a mentoring moment for their child - they can - however, a parent can't be as objective as a person like myself who's independent of the parenting role. In the same way, a manager is also not the best person to mentor someone on their team, as they'll often have a conflict of interest to contend with, between what's in the best interest of each individual and what's in the best interest of their cycling team.

In sharing my experiences and insights, choosing events that I feel are appropriate and helpful, I will always try to do so in a neutral way, without any attachment on how you will use this learning. I will always be open to sharing my mistakes and failures too, as we all know that these are often where our biggest lessons lie and cycling are learned. This will also help you be aware that challenges will arise, and the way I dealt with the situation might also help you gain insight about how to build resilience..

I will ask open questions asking you open questions will help me to identify your actual and very real needs, values and passions. It's also a great way to get you to think through situations yourself and draw out the consequences of the various choices or courses of action you can take. During these conversations, I will try to share my wisdom, without making decisions for you. **THAT'S YOUR JOB.**

I will be your sounding board I hope you can greatly from the opportunity of having someone to listen to you. I want you to allow yourself to explore your thoughts and ideas openly with me. This will often help you unravel their thinking and gain insights about a situation as you share their concerns with me.

I hope to provide a fresh perspective One of the key benefits of working with me is that I will often provide you with a fresh perspective on a cycling issue. I hope to often have the clarity of distance from a cycling issue or problem that's needed to provide objective feedback to you. Often I will try to hold a mirror and let you see what everyone is seeing and this can sometimes give you the fresh perspective you may need.

I will always attempt to provide helpful feedback Not all feedback is helpful. As I personally gain more experience I hope to understand this and will try deliver feedback in a way that will help you gain insight to further develop specific cycling qualities or skills. For example, I will always ask for permission to give feedback before doing so. Giving unwelcome feedback can be detrimental to any mentoring relationship. Instead, explain what you'd like to talk about first and highlight the benefits of doing this.

Acknowledge achievements maybe driven people often get caught up from one goal to the next and any achievements you might have forgotten it will be my role to just remind you of this and make sure this we celebrate any new achievements that happen in the future as we must enjoy what we do and for me a big part of that is celebrating the victories ( not with cake) as I already weight too much...

Last but certainly not least I will Offer you advice, but only when you ask for it. This can be very tempting for me as a mentor to just jump in and offer advice before a you have actually asked for it, especially when I've already experience a race, tactic or similar situation. Being a sounding board for you, allowing you to talk about the situation or problem, then together we think through the situation by asking logical questions and draw out the consequences of various actions, As a someone who I look up to ( Tony Robbins) has said *it is always more empowering for a person come to their own conclusions.* By doing so, I ultimately help you to learn to think through issues themselves and trust your own judgement, valuable not only in cycling but great life skills.



## *Mentoring Program*

I'm currently offer a mentoring program for 12 months in which the athlete commits to meeting with me once per month normally for a training recovery ride 1 hour or so. We talk on the phone once per week and touch base. My time is very limited and these phone conversations will be no longer than 30 minutes. In this time I will look to provide as much of my cycling and life experience to them as per the above program. I will ask the athlete to sign a commitment statement and give me feedback in the form of writing in my cycling diary of the of their experiences or race reports.

## *Personal involvement*

I'm currently racing in a club environment to give back to the community where I act as a main member of the MBCC board and offer both training coaching each week to cyclist in the form of an active ride I also act as e mentor or up and coming cyclist

## *Current Photos - 2016 Podiums*



## **Matt Ryan**

Nickname: Matteo

Occupation: Sales Manager at CareTech Nurse Call Equipment Supplier

Other Interests: Growing my business, Contributing as a Mentor

Advice for young athletes: Stick to your program, if you don't have one, get one.

Career Highlights: Racing in Italy and Germany, Cycling Qld – Road Cyclist of the Year, 2014 not losing a race I entered all year

2016 Career Goals: To become the World Champion

### **2014**

Gold – Australian Masters Road Championships  
5 Time Winner of Sizzling Summer Series  
Winner Cunningham Cycle classic  
Winner Anzac 25 Cycle Race  
Winner Battle of the Boarder Stage Race Overall– Leaders Jersey  
Winner State Road Title – Masters  
Winner State CriteriumTitle - Masters  
Winner of Cycling Qld – Road Cyclist of the Year – Masters  
Winner of MBCC – Road Cyclist of the Year

### **2015**

6 Time Winner of Sizzling Summer Series  
Winner Battle of the Boarder Stage 1 Race – Leaders / Sprint Jersey  
Winner Battle of the Boarder Stage Race Overall – Sprint Jersey  
Winner State CriteriumTitle – Masters  
Silver– Australian Masters Road Championships

### **2016**

7 Time Winner of Sizzling Summer Series  
3<sup>rd</sup> Tyalgum Cup Classic Road Race  
Winner State Criterium Title – Masters