

# NEWSLETTER ISSUE

## JANUARY 2022

### About the project



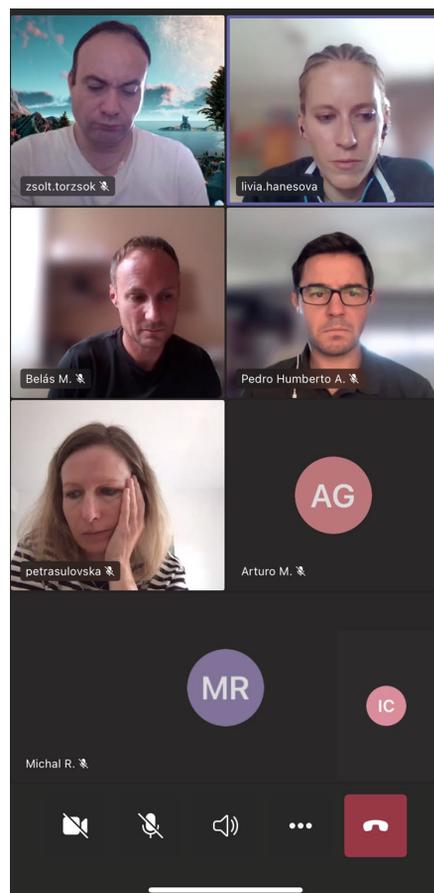
The purpose of the project “Cycling Trends in Education, Training & Diagnosis” – C-Trends is to encourage a healthy lifestyle by the use of cycling. Part of a healthy lifestyle learning about your cultural heritage which comes with cycling. In order to reach your maximum potential in training, it has to be tailored to the athlete’s personality and needs.

The project intends to provide a platform and e-guides for trainers and cyclists of all ages and performance levels with relevant information in different disciplines, together with an e-manual that focuses on methodological guidelines for cycling trainers and coaches and a software development to help professional athletes to maximize their performance

### Kick-off Meeting

On February 5th 2021, all partners had the opportunity to meet each other virtually due to Covid-19 travel restrictions. At the meeting, everyone learned about each other’s organization, since some partners met for the first time. We discussed the initial steps of the project and how to proceed in case we can travel in the future.

Nonetheless, we also planned how to continue in the immediate future with being unable to travel. The allocation of the tasks was made clear. Additionally, we decided all together about the visual image of the project (including the logo).



## C-TREND Digital platform & E-Resources

We are happy to announce that our main focus is our development of our platform. More specifically, we are creating two e-guides, one referring to trainers/coaches and the other one to cyclists. Both guides will include information about the five disciplines in cycling (i.e., Road, Mountain Bike (XC), Track, Cyclo-cross and Cycling for disabled (hand-cycling)).



Our IT developers are working on an interactive design for the platform, so that it is easy to navigate and engaging. The content of the platform is based on scientific articles and research papers published in specialised high impact media, own scientific studies, theoretical and practical knowledge and experience from sports practice. Soon we will be ready to pilot our platform.

## Consortium



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