



BRAD HALL

Facilitator

PROFILE

I have a passion for human development and interaction. I pride myself on having ethical values by which determination and consistency are key to success. I also value honesty and transparency in my personal and professional dealings with people.

I have been a former professional cyclist and have studied psychology (hons') & sport science at a tertiary level. I also have several Cycling Australia (AusCycling) performance qualifications

CONTACT

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HOBBIES

Psychology
Sports Science
Human Performance
Human Development
Community Service

EDUCATION

Edith Cowan University
B.Sci Psychology & Sports Science

Edith Cowan University
B.Psychology (Honors First Class)
Completed Thesis in Sports Psychology (Elite Coaching & Motivation)

AusCycling
WA Junior Road Cycling Head Coach
WA Junior Road Cycling Academy Head Coach
Accredited Sports Director
Level 2 Cycling Coach

Australian Psychological Society
Associate Member

Exercise & Sports Science Australia
Associate Member

EXPERIENCE

Cyclist
Won two UCI professional races; Podium placing in over ten
Accumulated 100's of UCI points over a 4 year period
Team leader for several NRS teams

Exercise Institute PTY LTD: Managing Director
Managing Director, High Performance Coach, have coached athletes through to Australian Championship, Oceanic Championship & National Road Series Results in both track and road.
Worked alongside current professional athletes in road cycling and professional triathlon. In the former instance, we have coached two separate athletes to a top 50 world-ranking in professional triathlon. We utilize current scientific concepts in managing fatigue and performance in elite level endurance athletes, with over 15yrs expertise in this area. Aerotesting, 3D bike Fit, Vo2max testing, S&C programming, applied coaching and psychology in sport services.

Cycling Development Foundation: Director

Managing Director, my role is to develop human performance and tailor current scientific training concepts to benefit each individual. Each individual has their own needs when it comes to coaching and training, thus training needs to be tailored to every individual.

We have worked alongside the following athletes:

- Michael Storer (Protour)
- Jai Hindley (Protour)
- Mackenzie Coupland (Australian National Team, Australian Cycling Champion)
- Brady Gilmore (Australian National Team, Oceania Cycling Champion)
- Erin Kinneally (Australian National Team)
- Rebecca Mackey (Australian U23 TT Champion)
- Multiple podium results at a National Road Cycling and Australian Championships across time trial, road and track racing formats