

WARRIOR GAMES CYCLING COACH



HEAD COACH
Joe Hydrick

In a broad sense, Coach Hydrick strives to inspire using a blend of tradition and progression to deliver the most effective coaching of his riders. This means shaping a “complete athlete” fundamentally by addressing all of the components of success. “Fitness, skills, form, mental game, motivation, and other factors all have an influence on your results, and all limiting factors need to be identified and improved,” said Hydrick.

Working with wounded, ill, and injured cyclists is both rewarding and engaging for Coach Hydrick. “It’s a fulfilling pursuit giving these athletes a chance to apply themselves and succeed both in process and performance,” said Hydrick. The high degree of work ethic and dedication these athletes bring to the table is an inspiration for Hydrick and pushes him to bring as much to the table as he can.

“Working in the adaptive cycling segment requires me to be constantly thinking ‘outside the box’ as each athlete has a very different situation.” Coach Hydrick believes the combination of a diagnostic mindset and a creative thinking process best serves each athlete individually and as a team. “I’m honored for the opportunity to coach Team Army’s Cycling squad and look forward to a successful 2015 DoD Warrior Games!”

