



AusCycling Development Academy: Road

INTRODUCTION

ACADEMY OVERVIEW

The AusCycling Development Academies ('Academies') have been formed as a component to the pre-performance rider development pathway. The Academies seek to identify, develop, and support Under 15 and Under 17, and selected Junior 19 riders, to support their performance development and assist riders to acquire the attributes to support them through the performance pathways.

Academies are provided across the disciplines of BMX Racing, Mountain Bike (Gravity and Endurance), Road and Track (inc Para-Track). Riders may be part of one or more Academies.

ACADEMY STRUCTURE AND PURPOSE

The Academies provide structured training opportunities and coaching support with the aim of supporting the daily training environment of targeted riders. The target age groups, for road, include:

- Junior 19 (by invitation*)
- Under 17
- Under 15

The specific purposes of the Academies include:

- Providing targeted training sessions or camps
- Enhancing and complimenting the primary daily training environment (DTE)
- Developing consistent development opportunities across all States and Territories
- Increasing overall performance of targeted riders
- Provide cross discipline opportunities

Additionally, the Academies will seek to provide:

- Riders with the opportunity to train alongside others (Junior 19+), National Road Series teams or the National Institute Network (NIN) network (where appropriate)
- Personal development opportunities via coaching and officiating accreditation

*Invitations are dependent on the specific discipline and location. See the discipline-specific selection criteria for further information.

SUPPORT PERSONNEL

Each Academy has a dedicated Lead Coach and Manager. The Lead Coach will be required to have an AusCycling coach accreditation level of Development Coach, of the discipline being coached.

The Lead Coach and Academy Manager are appointed by AusCycling in conjunction with the relevant State/Territory Institute/Academy Coach or AusCycling Performance Coach.

Support coach(es) may be added at any time to support an Academy. These individuals must be a trainee coach (or above) (have attended a Development Course within the last 12 months). Foundation Instructors may attend the sessions to be mentored for further development but will not be placed in charge of activities.

In situations where the state/territory program engages more than one coach diversity will be prioritised.

All team personnel must have a current Working with Children Check (or equivalent) - no exemptions will be provided in these roles.

DEVELOPMENT ACADEMY

ROAD SPECIFIC DETAILS



DEVELOPMENT FOCUS

The development of physical, technical, tactical, and psychological components of road cycling are the primary focus of the Academy program.

The program focuses specifically on development of the whole athlete. Discipline specific training will include Criterium, Time Trial and Road Race skills and strategies in preparation for Junior Road National Championships.

The program will also provide a life skills component to support riders experience and engagement in all aspects of the sport of cycling.

Training Frequency

The Lead Coach and Team Manager will be responsible for setting the training dates. A minimum of two (2) training camps will be conducted annually within the program.

Program Inclusions and Funding

All programs will include:

- Training Camp Coaching and Logistics
- Athlete Development Programs (Coaching and Officiating Training)

The program is based on a co-contribution basis where AusCycling supports the program via coaching, personal development opportunities and administrative support. Any costs will be levied to the riders at the lowest possible rate.

Number of Riders

The total number of participating riders will be subject to overall interest and coaching capacity.

A maximum number of Academy participants may be set where necessary and will be dependent on the AusCycling coach to athlete ratio remit 1:12 and the potential for effective session delivery and time required for athlete feedback.

I SELECTION CRITERIA

General Eligibility Criteria

To be eligible for consideration for selection to an Academy riders must:

- Be Australian citizens who are a current AusCycling racing member; or
- Australian residents - this does not include visitors to Australia on work permits, student visas or visitor visas.
- Have a current racing membership issued by AC.
- Their primary club must be within the selected State or Territory.
- Have read, signed, and returned the execution page of the current Academy Agreement.
- Agree to participate in and meet all training and participation requirements as determined by the Lead Coach.
- **Not have breached the Anti-Doping Policies** of UCI or AC nor have had a sanction imposed which has not been completed. For considering eligibility for selection, a breach of an Anti-Doping Policy may include:
 - an athlete currently under investigation for an Anti-Doping Rule Violation (ADRV) where an infraction notice has been issued or the athlete has been stood down under UCI and/or AC Anti-Doping Policies; or a failure to comply with an athlete's obligations under either UCI or AC Anti-Doping Policy, even if such a breach does not result in an ADRV.
- Not currently be suspended from the sport for any reason.
- Display commitment to the sport beyond their own participation, such as engaging in volunteer work with their club.

Discipline Specific Selection Criteria: Road

Riders can be selected via Automatic or Discretionary selection criteria.

In all cases riders will need to demonstrate characteristics such as coachability, resilience, motivation, integrity, commitment, and teamwork.

Automatic Selection Criteria

Riders will be selected to the Academy who have achieved a:

- Top 8 placing at the most recent Road National Championships [Time Trial, Road Race or Criterium]
- Top 3 result, within 10% of the winning time, at the most recent State and Territory Championships

Cross Discipline: All Mountain Bike Development Academy will be invited to take part in all Road Academy camps.

There is no maximum number of riders who may be automatically selected.

Discretionary Selection Criteria

In considering discretionary selections the following may be considered:

- Rider's level of competency and understanding of skill, performance and expected results.
- Selectors view the ability of the rider to progress in the performance pathway.
- Riders Performances at State/Territory and National level events on the road.
- Time trials conducted by the Lead Coach to demonstrate their performance potential. Where timed events are not possible, rider power profiling may be required. These criteria may be implemented where numbers of applicants exceed capacity.

I SPECIAL CIRCUMSTANCES DISCRETIONARY SELECTION

- Dispensation may be appropriate where riders, particularly first year's transitioning, may be affected by minimal training opportunities due to COVID-19 restrictions.
- Provision may be made for riders suffering illness or injury or adverse personal circumstances, who may have demonstrated prior competencies within club or state/territory training environments / events.

The maximum number of riders able to be selected as part of the discretionary selection criteria will be determined by AusCycling.

I SELECTION PROCESS

The Academy will be formed annually starting after the Junior National Track Championships, generally from May to September annually. All eligible riders will be invited to submit an Expression of Interest (EOI).

All riders wishing to participate in an Academy must submit an EOI for consideration.

The selection panel will include:

- Lead Coach
- Independent Selector
- AusCycling Pathway Manager (by specific discipline)
- SIS/SAS Lead Coach (if a cycling program exists)

All unsuccessful applicants will be offered feedback from their EOI.

Riders who do not submit an EOI or were initially unsuccessful but demonstrate exceptional performances and meet the automatic selection criteria may be invited to join the Academy.

If an athlete's capacity to satisfy the selection criteria diminishes at any time throughout the season, then their continued status as a member of the Academy will be re-assessed by the Selection Panel. For example, if a squad member's performance drops, they are non-committal to activities or fail to demonstrate coachability, then their membership may be reviewed.

I ROAD DEVELOPMENT ACADEMY LOCATIONS

- ACT – Southern NSW*
- NSW
- Victoria
- South Australia
- Tasmania
- Southern Queensland
- Northern Queensland
- Western Australia
- Northern Territory (multi-discipline)

*riders based in ACT, Southern NSW and Northern Victoria may nominate into their preferred Academy.

LET'S RIDE **TOGETHER**



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ROAD

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