



# Development Academy - BMX Racing



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# Introduction

## 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.

## 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 BMX Racing, are 13-18 (Junior Elite).

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 the number of riders meeting key performance targets
- Provide cross discipline opportunities

The program will generally run from January to November.

These dates may shift in any year based on factors such as the competition calendar or venue availability.

## Support Personnel

Each Academy has a dedicated Lead Coach and may also have a 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 will be appointed by AusCycling.

Support coach(es) may be added at any time where required for the delivery of Academy Programs. Coaches must be a trainee Development 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 Academy engages more than one coach it is important to ensure that diversity is prioritised.

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



# BMX Specific Details

## Academy Program

### Training Frequency

The frequency of sessions will depend on the location of members and availability of the primary training venue. The BMX Academy will focus on specific training camps through the year. The Lead Coach and Team Manager will be responsible for setting the training dates.

Additionally, a minimum of four (4) training camps, the dates and times may vary depending on State/Territory competition calendar.

### Program Inclusions and Funding

All programs will include:

- Coaching Sessions
- BMX Track Access

The program is based on a co-contribution basis where AusCycling supports the program via coaching support. As each discipline and area has different venue costs these 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 the total number of riders within the state/territory, BMX track time availability 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.

## Selection Criteria

### General Eligibility Criteria

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

- Be Australian citizens who are current AusCycling racing members; or
- Australian residents - this does not include visitors to Australia on work permits, student visas or visitor visas.
- Have a current racing membership issues 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 and/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 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.



## BMX Racing Specific Selection Criteria

Riders can be selected by 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, who have met the Performance Standard and achieve the following positions in 2023, will be selected to the Academy:

- Finished Top 3 in a National Round
- Finished Top 3 in the most recent National Championships

Results are gained from 20" categories.

### Discretionary Selection Criteria

The Selection Panel will base Academy selection on a riders performance results. A performance result is a combination of a podium result, aligned with meeting the performance standards in gaining the podium result.

Performance results will be collected from the following events:

- National BMX Championships
- National Cup - National Rounds
- State or Territory BMX Championships

Selectors may consider performance results achieved in other major state/territory, national and international level events within the performance period such as UCI sanctioned international events.

## Performance Standards

Performance Standards have been developed to assist with assessing an athlete's potential to perform at a National and International level with a view of preparing athletes for categorisation.

Timing data collected during racing and testing camps should be used in combination with race results to guide selection.

A riders skill level, technical and tactical capabilities will be a priority when selecting riders. There is an expectation that riders have the capability to manual and jump comfortably and competently in competition to gain selection.

### Special Circumstances Discretionary Selection

Dispensation may be appropriate where riders may have been affected by minimal training opportunities.

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 coach and venue capacity.

## Selection Process

The Academy will be formed annually generally starting in January. 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
- AusCycling Pathway Manager (by specific discipline)

All unsuccessful applicants may seek feedback from their EOI.

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

If a rider'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.





# Performance Standards and Protocols

The BMX Racing Development Performance Standards ('Standards') requirements have been developed to identify, evaluate and monitor a rider's performance which measures their development within the sport and to align through to the Performance Pathway. These standards are an aligned extension to the Australian Cycling Team Performance Standards and Testing Protocols.

**Table 1. Performance Standards\***

Male		Female	
Hill Time	Lap Time	Hill Time	Lap Time
2.0%	3.0%	2.0%	3.0%
2.5%	4.0%	2.5%	4.0%

\*from time-to-time AusCycling may vary the Performance Standards for some state/territories.

Table 1 summarises the percentage of time that a rider must be within of the Track Record and achieved at any National Series or National Championships event required to meet the Performance Standard.

Specific Performance Standard Percentages (within Table 1) will be re-evaluated annually.

A rider must be competent in all skill areas when meeting the percentages

## Track Records

Track Records remain valid where that track has remained largely unchanged. If the track undertakes any material changes, as determined by AusCycling, the Track Record will need to be reset.

- Track record times will be updated continuously for each competition or testing session so that a rider's progress is continually referenced relative to state and national competition which is continually progressing.

A rider should be competent in all skill areas when meeting the track record.

## Achieving Performance Standards Outside of Events

Riders will be able to meet the Performance Standards outside of the designated events under the following framework:

- All Performances must be achieved at the allocated State/Territory primary testing facility.
- The Performance Standard efforts will be monitored by the State/Territory Academy Coaches/Managers along with an accredited Development coach/instructors and above.



