



BMX Racing Development Academy



Contents

Introduction	3
• Overview	3
• Structure and Purpose	3
• Support Personnel	3
BMX Specific Details	4
• Academy Program	4
• Selection Criteria	4
• Performance Standards	5
• Selection Process	5
• Performance Standards and Protocols	6



Introduction

Overview

The AusCycling Development Academies ('Academies') have been formed as a component to the pre-performance rider and coach development pathway. The Academies seek to identify and develop riders and coaches to support their performance development and assist acquiring 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 14-18.

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 February to December.

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

Support Personnel

The Development Academy will be National Manager lead and be assisted by state/territory coaches

The Coach in each state/territory will be appointed by AusCycling.

Assistant coach(es) may be added at any time where required for the delivery of Academy Programs. Assistant Coaches must be a trainee Development Coach (or above). 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 Coaching Accreditation, AusCycling Membership and Working with Children Check (or equivalent) - no exemptions will be provided in these roles.



BMX Specific Details

Academy Program

Training Frequency

The BMX Racing Academy will focus on specific training sessions and camps through the year. The National Coach will be responsible for setting the training dates.

Training sessions will be held, aligning with the National Series and National Championships. An annual National Camp will be held for selected riders that meet the National Tier selection criteria.

Program Inclusions and Funding

All programs will include:

- Coaching Sessions
- BMX Track Access
- Online Education Sessions

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 and level of riders within the state/territory.

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 National 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 when achieving the Criteria Results in 2025 will be selected to the Academy based on results are gained from 20" categories.

- Top 16 at the most recent World Championships (13-16yo age group)
- Finished Top 8 in the most recent National Championships (13-16yo age and/or JSC & SC)
- Finished Top 8 at National Series Round tracks (13-16yo age and/or JSC & SC)

Performance Standard Requirement:

- Results must meet Lap Time Performance Standard noted on page 6 of this document.

Discretionary Selection Criteria

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

Performance results will be collected from the following events:

- BMX Racing National Championships
- BMX Racing National Series

Selectors may consider performance results achieved in other major 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 training environments, national or international events.

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

Selection Process

The Academy will be formed annually generally starting in February. 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:

- AusCycling Pathway Manager (by specific discipline)
- AusCycling National Coach (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. Development Performance Standards*

Male		Female	
Hill Time	Lap Time	Hill Time	Lap Time
3.0%	4.0%	3.0%	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 events Fastest Lap Time 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 performance standards (with a separate skills assessment process to be used as required by the National Coach for discretionary selections).

Fastest Lap Times

Fastest Lap Times will be measured on the day of the event for each age and gender group across all motos and finals .

- Times will be updated annually for each competition or testing session so that a rider's progress is continually referenced relative to the competition which is continually progressing.

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

Skills Assessment

Skills Assessment can be reviewed in person or via video submission by the National Coach. Points will be assigned per skill used so that a rider's progress is continually referenced relative to the competition which is continually progressing.

- Manual = 1 point
- Jump = 2 points
- Double Manual = 3 points

A rider should be competent in skill areas and achieve the required total points when meeting the skills assessment criteria.



