



COMPETITIVE RIDER JOURNEY

BMX RACING

The AusCycling Competitive Rider Journey is a holistic approach to the rider development pathway from entry to elite levels, through to life-long participation. This document provides specific information for the **BMX Racing** discipline with a more detailed explanation of the various stages of development and key principles.

BMX (or Bicycle Motocross) Racing is an acceleration discipline and consists of intense, skilful racing on tracks 300 – 400m in length with a start hill, berms (banked turns), and various rollers, tabletops, step-ups and double jumps. A maximum of eight riders compete in a single race (or moto). The first rider over the line wins and a race meeting usually works on a knockout basis with a series of motos leading up to a final. Tracks are technically challenging so skill is just as important as power.

*The term 'Journey' has been used instead of the traditional term 'Pathway' in order highlight that individual development is usually non linear and not always the same between riders.



AUSCYCLING COMPETITIVE BMX RACING RIDER DEVELOPMENT PATHWAY

The Journey Elements outlined in the table appear linear for ease of the reader however most riders never follow a direct linear progression.

Progressions	Foundation		Extension and Refinement		Sport Specific Commitment			Elite and Mastery		
Age	U5 - 8		8 - 12		13 - 16	17 - 23		19+		
Years in Cycling	0 - 2 years from entry to the sport		2 - 4 years from entry to the sport		4 plus years from entry to the sport			4 - 6 years from entry to the sport		
Primary Focus	Learning and acquiring the basic foundations of cycling through off the bike movement skills, cycling skills instruction, and free play on bikes.	Introduction to the various cycling disciplines through developmentally appropriate club and school programs. Sampling competition in modified forms with a high emphasis on recreation.	Regular skills instruction, practice and competition through developmentally appropriate club, school and AusCycling endorsed programs. Continued recreational participation.	Continued sport specific commitment. Performance potential identified through competent skills demonstration.	Continued potential identification through skills demonstration, race results and participation at development and performance camps and academies	Performance potential verified through athlete profiling, physiological testing and race results.	Commitment to pre elite preparation and holistic athlete development through a structured training plan.	Transition to Elite international competition through individual programs, Australian Cycling Team.	Podium success at international benchmark events (Olympics, Commonwealth Games, World Championships, Nations Cups).	Sustained international success over multiple high performance cycles (Olympics, Commonwealth Games, World Championships).
Environment	<ul style="list-style-type: none"> Clubs Schools Community Groups Participation Events 		<ul style="list-style-type: none"> Clubs Schools Participation Events Private Coaching and Skills Instruction Development Camps 		<ul style="list-style-type: none"> Clubs Schools Private Coaching and Skills Instruction Regional & State / Territory Academies Regional & National Development and Performance Camps Event Support 			<ul style="list-style-type: none"> Clubs (including mentoring and coaching) National Performance Camps National Teams Professional Teams Event Support 		
Coach / Instructor Level	Community or Foundation Instructor		Foundation or Development Instructor / Coach		Development or Advanced Coach			Advanced or Elite Coach		
Training Structure			<ul style="list-style-type: none"> Learning to train. 1 – 2 programmed sessions per week. Limited session structure / phase 		<ul style="list-style-type: none"> Transition to phased planning. Introduction to Strength & Conditioning. 	<ul style="list-style-type: none"> Full phase planning and session structure year round. 		<ul style="list-style-type: none"> Full phase planning and session structure. World class coaching, testing and sports science support. 		
Competition / Racing	<ul style="list-style-type: none"> Strong emphasis on free play. No or modified competition. 	<ul style="list-style-type: none"> Introduction to developmentally appropriate club level racing. School competition with a focus on participation. 	<ul style="list-style-type: none"> Continued club level racing. Introduction to state level events. Strong emphasis on process goals over results. 	<ul style="list-style-type: none"> Continued club, Bronze, and state level racing. Introduction State Championships and National Rounds 	<ul style="list-style-type: none"> Introduction to National level events and National Championships 	<ul style="list-style-type: none"> Introduction to international events. American and European Series UCI CC, HC, C1 World Cup U23 World Champs 	<ul style="list-style-type: none"> Continued participation in international events. Racing blocks based overseas. 	<ul style="list-style-type: none"> Extended international racing blocks / based overseas for entire season. World Cups World Championships Commonwealth Games Olympic Games 		
Cross Discipline Focus	Encourage and facilitate participation on any bike.	Encourage and facilitate participation on any bike. Actively encourage and facilitate riders experiencing other disciplines.	Continue to facilitate multiple disciplines.		Focus narrows to BMX Racing Additional disciplines potentially include Track, MTB, Road and Freestyle			BMX Racing Off season MTB, Road and Track		
Multi-Sport Focus	Riding is included in a broad range of physical activities and free play. Formalised riding is not necessarily facilitated year-round.		Riding continues to be combined with other sports.		Racing becomes primary focus.			Racing Only.		
Education and Knowledge	<ul style="list-style-type: none"> Learning basic racing rules 		<ul style="list-style-type: none"> Training fundamentals. Basic hygiene, hydration, and nutrition. 	<ul style="list-style-type: none"> Introduction to domestic travel. Process goal setting. 	<ul style="list-style-type: none"> Introduction to International travel. Basic sleep management and recovery techniques. Advanced hydration and nutrition. 	<ul style="list-style-type: none"> Highly refined international travel, hygiene, jet lag, heat and altitude adaption processes and techniques. Advanced recovery techniques and performance nutrition. 				
Categorisation Level					Emerging	Developing	Podium Potential	Podium Ready	Sustained Success	

Age:

Refers to the approximate age of children entering the sport. This will vary with a range of factors particularly physical maturation.

Competition:

Age and developmentally appropriate competition is critical at each stage of the journey. Recommended competition levels are aligned to each stage of development and progress from grassroots club and school events through to world championship and Olympic Games. More information on running age and development appropriate racing for all disciplines can be found in the [AusCycling Junior Policy](#).

Multi-Discipline Focus:

An emphasis on experiencing all cycling disciplines is strongly encouraged at the early stages of development and a multi-discipline approach continues through to elite level. There is strong evidence that competing in multiple disciplines increases the chance of success at benchmark events. There is a strong physiological correlation in the disciplines grouped together in the Endurance and Acceleration sub pathways, and there is particularly high skill and physiological correlation in combining the following, however any combination is encouraged especially at entry level:

- BMX Racing / Track Sprint
- MTB Endurance / CX / Road / Track Endurance
- MTB Gravity / BMX Freestyle

Environment:

Refers to the athletes' primary place of support and training delivery.

Multi-Sport Focus:

Cycling is a late specialising sport and combining cycling with other sports is strongly encouraged until later in the rider's journey. Transfer from other sports to cycling is possible and encouraged at any stage in the journey. Cross over sports could include motocross and skiing (as examples).

Years in Cycling:

Is of particular relevance to riders entering the sport late or transitioning from other sports. Years in cycling gives an approximation of the time required to progress to each stage in the development pathway. Although the diagram is linear, your actual route will evolve depending on your discipline, location, priorities, education, opportunity, and injury.



BMX RACING SKILLS INVENTORY AND PROGRESSION

Progressions	Foundation	Extension and Refinement	Sport Specific Commitment	Elite and Mastery		
Years in Cycling	1	2	3	4	5	10+
Pumping	<ul style="list-style-type: none"> Learning pedal position, body position and when to stop pedalling. Flat pedals when starting out. Practice away from a track using cones as indicators. 	<ul style="list-style-type: none"> Timing and body technique over rollers and tabletops. Increasing speed with development. 	<ul style="list-style-type: none"> Ability to increase speed through a rhythm section. Pumping steeper jumps at speed. Clip pedal introduction. 	<ul style="list-style-type: none"> Pre lifting for rollers or bigger jumps. Ability to reach race speeds when executing pump laps. 	<ul style="list-style-type: none"> Ability to hold race speed on SX tracks with minimal pedalling. 	
Manualing	<ul style="list-style-type: none"> Learning pedal position, body position. Flat pedals when starting out. Practice manualing away from the track. 	<ul style="list-style-type: none"> Converting the manualing to tabletops and step ups at BMX racetracks. Increase speed with development. 	<ul style="list-style-type: none"> Manual various sized doubles and step-ups while gaining speed. Clip pedal introduction. 	<ul style="list-style-type: none"> Manual, Tap manual, Double manual, Pull manual in racing. Manualing at high speeds with larger jumps under race pressure. 	<ul style="list-style-type: none"> Confident in manualing with limited track time at international and SX events. Maintaining track speed while manualing. 	
Jumping	<ul style="list-style-type: none"> Learning pedal and body position. Learning to Bunny-hop on flat ground. Flats pedals when starting out for efficient technique. 	<ul style="list-style-type: none"> Converting the Jumping to tabletops and step ups at BMX racetracks. Continue to use flat pedals Increase speed with development. 	<ul style="list-style-type: none"> Jumping various sized step-ups and doubles. Jumping without losing speed. Clip pedal introduction. 	<ul style="list-style-type: none"> Ability to execute Pro straights and jumping from 8m Hills when racing. Jumping in a pack. 	<ul style="list-style-type: none"> Confident in jumping with limited track time at International and SX events. Maintaining track speed while manualing. 	
Cornering	<ul style="list-style-type: none"> Learning pedal and body position using cone drills on non-slip surfaces. Flat pedals. 	<ul style="list-style-type: none"> Converting the cornering skills learnt to berms at BMX racetracks. Learning racing and various passing lines. Learning body contact. 	<ul style="list-style-type: none"> Executing passing lines in racing. Maintaining corner speed during a race. Ability to identify correct race lines. Clip pedal introduction. 	<ul style="list-style-type: none"> Strong understand of race lines and corner positioning. Aggressive in turns Use of MTB trails and pump tracks to increase corner refinement. 	<ul style="list-style-type: none"> Maintaining corner speed at international and SX events. Mentally strong under pressure with line selection. Strong passing ability in turns. 	
Gate Start	<ul style="list-style-type: none"> Basic understanding of a BMX Start gate. How to position onto the gate safely. How to roll away from the gate after it drops. Flat Pedals. 	<ul style="list-style-type: none"> Balance and body position. Consistent set up and preparation. Understanding timing and when to start pedalling. 	<ul style="list-style-type: none"> Executing a consistent & competent gate start during racing. Ability to adapt to different gate speeds. Clip pedal introduction. Incorporating body weight movement and efficiency on the snap. 	<ul style="list-style-type: none"> Performing a gate start under pressure. Performing a gate start off an 8m hill. Ability to adapt to different hill sizes and surfaces. 	<ul style="list-style-type: none"> Executing a gate start confidently at international and SX events. 	
Race Tactics	<ul style="list-style-type: none"> Learning the basics about racing while racing for fun and exercise. 	<ul style="list-style-type: none"> Learning tactical race lines at club and regional level racing. Introduction to group training and body contact. 	<ul style="list-style-type: none"> Executing tactical race lines during racing. Developing the mental skills to read a race. Ability to time and judge the distance when making passing lines. Clip pedal introduction. 	<ul style="list-style-type: none"> Ability to set and execute race plans. Strong understand of race lines and track positioning. Aggressive riding under pressure. 	<ul style="list-style-type: none"> Strong race tactics at international events. Mentally strong under pressure. 	

LET'S RIDE TOGETHER

