



COMPETITIVE RIDER JOURNEY



Millions of Australians ride their bikes every week and cycling in all its various forms is one of Australia's largest and most popular participation sports. While not everyone can represent Australia, all riders should have a clear pathway to progress their development and reach their full potential. The AusCycling Competitive Rider Journey is a holistic approach to the rider development pathway from entry to elite levels, through to life-long participation.

Key principles of the Journey are:

- A focus on enjoyment and retention
- Highlighting the importance of skill development
- Encouraging and facilitating multi-sport and multi-discipline opportunities
- Providing age and developmentally appropriate competition
- Recognising life-long participation and performance

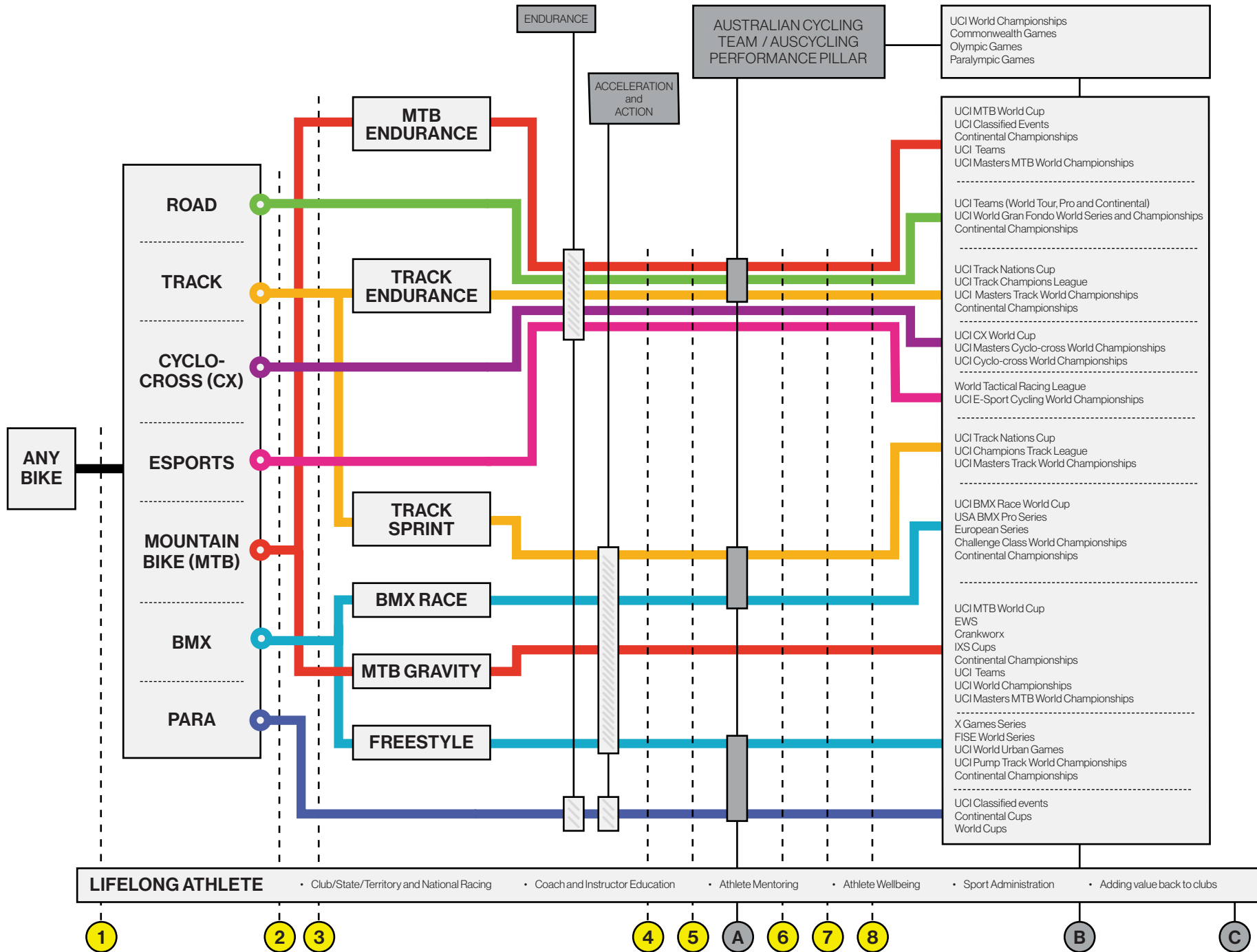
This overview provides high level information across all the main cycling disciplines and covers elements including age, years in cycling, daily training environment, coaching and competition. Explanations for each of the elements can be found in the Pathway Element Descriptions section. AusCycling has also developed discipline specific pathways which provide a more detailed explanation of the various stages of development and key principles.

PRIMARY SUB-DISCIPLINES

- **BMX Race:** Racing
- **BMX Freestyle:** Park, Vert, Flat, Street, Dirt, Pumptrack
- **CX:** Cyclo-Cross
- **E-SPORT:** Virtual racing
- **MTB Gravity:** Downhill (DHI), Gravity Enduro (GE), Four Cross (4X), Dual Slalom (DS), Dual Eliminator (DE)
- **MTB Endurance:** Olympic Cross-country (XCO), Marathon (XCM), Short Track Cross-country (XCC), Cross-country Eliminator (XCE), Stage Race
- **PARA:**
 - Road: Road Race, Individual Time Trial, Team Relay
 - Track: Tandem Sprint, Team Sprint, Time Trial, Individual Pursuit, Scratch Race, Omnium
- **ROAD:** Road Race, Individual Time Trial, Team Time Trial, Stage Race, Criterium
- **TRACK Endurance:** Individual Pursuit, Team Pursuit, Points Race, Madison, Scratch Race, Omnium, Tempo, Elimination, Handicap
- **TRACK Sprint:** Individual Sprint, Team Sprint, 500m / Kilometre Time Trial, Keirin



AUSCYCLING COMPETITIVE RIDER DEVELOPMENT JOURNEY



JOURNEY ELEMENT DESCRIPTIONS

The Journey Elements outlined in the table appear linear for ease of the reader however most riders don't follow a direct linear progression.



Progressions	Foundation		Extension and Refinement		Sport Specific Commitment			Elite and Mastery
Environment	<ul style="list-style-type: none"> Clubs Schools Come and Try Participation Events Para Support Groups Parks and Trails 	<ul style="list-style-type: none"> Clubs Schools External Development Providers 			<ul style="list-style-type: none"> Regional, State / Territory, National Teams and Academies National Institute Network Regional and National Performance Camps Clubs Event Support External Development Providers 	<ul style="list-style-type: none"> National Team State / Territory Teams / Academy National Performance Camps Event Support Clubs (mentoring and coaching) 		
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			6 plus years from entry to the sport
Competition	<ul style="list-style-type: none"> Introductory Club Level 	<ul style="list-style-type: none"> Club Level School Programs 	<ul style="list-style-type: none"> State & Territory Level 	<ul style="list-style-type: none"> State/Territory Series and Championships Club and Regional 	<ul style="list-style-type: none"> National Championships 	<ul style="list-style-type: none"> Introduction to International Events UCI Classified Continental Championships 	<ul style="list-style-type: none"> International Level 	<ul style="list-style-type: none"> World Championships Commonwealth Games Olympic Games
Coach / Instructor Level	Foundation or Development Instructor		Development or Advanced Coach / Instructor			Advanced or Elite Coach Advanced or Elite Instructor (primarily MTB and BMX)		
Multi-Discipline Focus	Very High		High		Narrows		Focussed	
Multi-Sport Focus	Very High		High		Primarily Cycling			Cycling Only
Education and Knowledge	<ul style="list-style-type: none"> Riding and trail etiquette. Basic road rules. 		<ul style="list-style-type: none"> Basic hygiene and saddle health, hydration, nutrition and mechanics. Develop social, communication and team environment skills. 		<ul style="list-style-type: none"> Focus on building fundamentals. Race strategy and tactics. Introduction to domestic travel management. Basic hydration, nutrition and hygiene. 	<ul style="list-style-type: none"> Introduction to International travel. Basic sleep management and recovery techniques. Advanced hydration, nutrition and hygiene. Develop strategies for emotional & mental control, and decision making. 	<ul style="list-style-type: none"> Highly refined international travel, hygiene, jet lag, heat and altitude adaption procedures and techniques. Advanced recovery techniques and performance nutrition. 	
Categorisation	Categorisation for a number of disciplines starts from National Championships performance.							

- A** **Categorisation:** Athlete Categorisation is an AIS framework used to identify, track and prioritise athletes at each stage of the pathway, to support Australia consistently winning medals at major international events. More information on athlete categorisation can be found [HERE](#). Currently categorisation is only applicable to Olympic and Paralympic disciplines (Track, Road, BMX – Race and Freestyle, and MTB XCO). The age for entry into the categorisation system varies depending on the specific cycling discipline the athlete is primarily involved with. Categorisation does not automatically lead to representative team (National team, State Team or other AusCycling selected team).
- B** **Pinnacle Events:** These events represent the highest level of international competition for each given discipline. The events listed are examples of events athletes can strive for through national team representation, professional teams, and / or individual entry. The list is not exhaustive and additional events could be included and change from time to time.
- C** **Lifelong Athlete:** Riders are encouraged and supported to stay in the sport for life. Numerous opportunities exist for riders transitioning from elite competition and / or looking for ways to put back into the sport. These opportunities include coaching, skills instruction and commissaire accreditation, athlete mentoring and sports administration roles.

Australian Cycling Team / AusCycling Performance Pillar:

The ACT / APP is AusCycling's elite performance support pillar providing financial, logistical and coaching support to U19, U23 and Elite athletes at World Championship, Commonwealth Games and Olympic Games along with other targeted events critical to preparation.

Competition:

Age and developmentally appropriate competition is critical at each stage of the pathway. Recommended competition levels are aligned to each stage of development and progress from grassroots club and school events through to World Championship (or equivalent), Commonwealth, Olympic and Paralympic Games. More information on delivering 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 and through lifelong participation. There is strong evidence that competing in multiple disciplines increases the chance of success at benchmark events. There is particularly high skill and physiological correlation in the disciplines grouped together in the Endurance and Acceleration sub pathways.

Environment:

Environment (or DTE - Daily Training 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 development pathway. Transfer from other sports to cycling is possible and encouraged at any stage in the pathway.

Years in Cycling:

The number of 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 generally appears as linear, a riders journey will evolve depending on their discipline, location, priorities, education, opportunity and injury. Some disciplines may be significantly faster ie. para-cycling.

Endurance and Acceleration / Action:

Endurance and acceleration are terms used to categorise all cycling events into 2 broad groups. Endurance refers to longer events where aerobic capacity is the primary attribute while acceleration refers to short explosive events where anaerobic power is the primary focus. Action disciplines (BMX freestyle) are included in the acceleration group.

LET'S RIDE TOGETHER

