BMX Racing

AUSCYCLING

	IGNITE		PROGRESS		PERFORM
	AWAKEN - EXPLORE - COMMIT		STRETCH - CHALLENGE - REDEFINE		SHARPEN - DELIVER - INSPIRE
	U15	U17	U19	U23	U23 / ELITE
	Athlete is building riding fitness and skills, developing quality off bike training and general life skills.	Athletes are challenged to improve their training capacity, volume and racing skills. Life skills evolve with the introduction of travel and training camps.	Athletes are beginning to optimise training, preparation and independent life skills to compete at an international level.	Athletes are process focussed while targeting specific events to maximise performance.	Athletes are process focussed while targeting specific events, maximising performance and achieving podium outcomes. WWITTW
ATHLETE PROFILE					
Technical + Tactical Skills	Efficient and repeatable: Gate Start - set up and timing Pumping - body positon and timing Manualing - body position and timing Jumping - body position and speed Cornering - Ability to identify race lines Race tactics - Understanding positional awareness and line selection Clip Pedals - Should only be applied once competent in the above areas. Encourage exploration across a broad range of terrains and bikes that facilitate variability in learning	Gate Start - Consistent execution in training Pumping - Hold speed when not pedaling Manualing - Competent with various manuals Jumping - Confident jumping various sized jumps Cornering - Confident passing and contact Race tactics - Ability to set and follow race plans Encourage exploration across a broad range of terrains and bikes that facilitate variability in learning	Gate Start - Consistent under pressure at National events Pumping - Hold race speeds when not pedaling Manualing - Various manuals a high speeds Jumping - Capable off an 8m hill in racing Cornering - Maintain race speed in corners while passing Race tactics - Positional awarness and passing options within a race at National events.	Gate Start - Consistent under pressure at international events Pumping - Hold high speeds when not pedaling on SX tracks Manualing - Various manuals at high speeds on SX tracks Jumping - Confident jumping in a pack off an SX hill Cornering - Strong positional awareness in turns Race tactics - Mentally strong under pressure within international events	Gate Start - Under pressure at international events Pumping - Hold high speeds when not pedaling on SX tracks Manualing - Various manuals at high speeds on SX tracks Jumping - Confident jumping in a pack off an SX hill Cornering - Strong positional awareness in turns Race tactics - Mentally strong under pressure within international events
Physical Attributes	Development of general fitness and strength in conjunction with maturation stages (puberty).	Ability to technically execute key lifts without the focus on the load. Increase resistance in sprint training.	Increasing intensity to key lifts Focus areas: Torque cadence - Bike strength Leg Lean Mass - Gym Strength Nutrition - Body composition	Building absolute power. Torque cadence - Bike strength Leg Lean Mass - Gym Strength Nutrition - Body composition	Maximising absolute power. Torque cadence - Bike strength Leg Lean Mass - Gym Strength Nutrition - Body composition
Character Traits					
Competition Mindset	Competitive courage (willing to have a go, embraces challenge)	Competitive confidence (trusts preparation, backs themselves)	Competitive conviction (commits to decisions, tolerates uncertainty)	Competitive command (takes responsibility, owns the race with positive intent)	Competitive composure (composed under pressure, rides with clarity, decisive & fully committed)
Emotional Literacy	Emotional awareness (notices emotions, can communicate how they feel)	Emotional agility (pauses before reacting, responds with flexibility)	Emotional regulation (manages anxiety & fear, stays task-focused)	Emotional choice (uses emotions as information, see they have a choice in the next move)	Emotional composure (embraces emotions without being overwhelmed, remains clear & calm when it matters
Learning Mindset	Curious (asks questions, willing to try)	Coachable (seeks feedback, experiments with new ideas, focuses on processes)	Self-directed (reflects on experience, identifies what to improve, balances process & outcomes)	Autonomous (makes informed decisions, seeks the right expertise)	Accountable (owns their development, helps others learn)
Resilience & Adaptability	Can recover (keeps going after disappointment, keeps trying)	Can reset (lets go of mistakes, refocuses on what's next)	Can adapt (adjusts when plans change, finds another way)	Can bounce forward (learns & persists through setbacks, grows through challenge)	Can thrive under pressure (persists through adversity, adapts in ambiguity, stays purposeful in the moment)
Connection & Contribution	Belongs to (builds connections, feels part of the group)	Contributes to (supports others, brings positive energy to the team)	Responsible for (understands their impact, owns their contributions)	Influences (uses their voice positively, actively shapes the culture)	Active custodian (protects what matters, leaves things in a better place)
	BMX Racing Specific Character Traits include presence, confidence, reaction, composure, competitive commitment				
Sport Sampling	Multi-Sport and/or Multi-Discipline	Multi-Sport and/or Multi-Discipline (starting to specialise)	Multi-Discipline within training	Multi-Discipline within training	Multi-Discipline within training
UCI Point Requirements	N/A	N/A	Individual & Nation ranking, Event seeding	Individual & Nation ranking, Event seeding	Individual & Nation ranking, Event seeding
PERFORMANCE ENVIRONMENT					
Coaching Support	Coach, Club Program and/or Development Academy	Accredited Coach, Club Program and/or Development Academy	Accredited Coach (Club, Private or SIS/SAS) to co-develop an IAPP and prioritised seasonal race calendar.	Accredited Coach (Club, Private, SIS/SAS or Centre of Excellence)	AusCycling Performance Team, Private Coach, Centre of Excellence
Physical Development - Training load and structure	8 - 12 hours physical activity per week including riding, general physical conditioning, other sports (school) or cycling disciplines. >8hrs of physical activity per week requires at least one full day of recovery per week.	12 - 18 hours per week including riding (bmx or pump track and sprints), structured gym activites, and other disciplines with periods of recovery.	14-20 hours per week. Phased training plan aligned to IAPP Weekly : Up to 3 Track sessions and up to 6 hrs Up to 3 S&C sessions 4-6 hrs	14-20 hours per week. Phased training plan aligned to IAPP Weekly : 2-3 Track sessions and 4- 6 hrs 2-3 S&C sessions 4-7 hrs	14-20 hours per week. Phased training plan aligned to IAPP Weekly : 2-4 Track sessions 4-8 hrs 3-4 S&C sessions 9-12 hrs
Skill Development Requirements	Access to a variety of tracks and terrains including BMXR tracks, pumps tracks, dirt / MTB tracks, skateparks (BMX freestyle)	Access to gate and track facilities for training and weekly race events to refine skill and tactical progression in race environment	Access to SX 8m Hill and tracks with pro straights Access to high level coach feedback Group training sessions Quality racing	Access to SX 8m Hill and tracks with pro straights Performance camps Quality racing	Course specific preperation (WC,WCh, OG)
Winning Well	Discovering the joy of cycling, developing fundamental skills and learning more about yourself in a fun, safe and supportive environment. Building a confidence, friendships and a love of sport while learning to challenge yourself, try new things and celebrate your progress.	Growing as an athlete and a person. Developing strong technical foundations, learning to train and compete with purpose, and building healthy habits that support life in cycling and beyond cycling. Learning to challenge yourself, contribute to your team and take increasing ownership of your development on and off the bike.	Building the foundations to thrive in high performance while remaining healthy, connected and grounded. Learn to raise your standards in training and competition whilst developing autonomy, accountability and strong performance habits. Responding constructively to success, disappointment and challenge, and contribute positively to the people and environment around you.	Taking ownership of your performance, wellbeing and positive contribution to the team and culture. Pursue high standards in training and competition while developing the adaptability, judgement and self-awareness to perform sustainably. Maintaining meaningful connections, interests and personal development within and away from cycling, utilising the support around you and responding to success and setbacks with perspective, learning and professionalism to enable high-performance and high wellbeing.	Pursuing excellence and delivering when it matters without compromising who you are, how you treat others or your long-term wellbeing. Perform with courage, discipline and adaptability while contributing to a culture of trust, challenge and care, using your experience and influence to positively shape those around you in and out the sport. Maintain perspective, connection and a sense of identity beyond performance, recognising that your impact extends beyond your personal results and beyond your time as an athlete.
Performance Support Knowledge and Skills	**Introduction** SIA Education Concussion Education/Awareness Introduction to Recovery Concepts Bike Maintenance Basics Mobility and S&C Good health/hygiene habits Meal Planning and Cooking Basics In-Training/Competition Nutrition	**Evolution** SIA Education REquirements Concussion Education/Awareness Introduction to Recovery Concepts Bike Maintenance Basics Packing Bike for Travel Mobility and S&C Meal Planning and Cooking Basics General Nutrition Good health/hygiene habits Social Media Education (16+) School or Work Life Balance Education Financial Literacy (plan/manage a budget) Furthering education	**Refinement** Performance health and hygiene habits Bike maintenance Mobility and S&C Recovery practices Meal planning and prep Travel arrangements (including booking of flights, accommodation, S&C facilities) Proficiency of communication with program staff Collaboration on IAPPs with service providers Understanding of AusCycling Selection Policy SIA Education Requirements AusCycling Supplements Policy Social media management/personal branding Concussion Education/Awareness Education, employment support (AWE) Sports Psych - General principles	**Integration** Performance health and hygiene habits SIA Education Requirements Registered Testing Pool (RTP), Whereabouts Fully independent living Specialised recovery practices Sponsor and stakeholder management Social media management/personal branding Concussion Education/Awareness Education, employment support (AWE) Understanding of AusCycling Selection Policy Sports Psych - Performance specific	**Mastery** SIA Requirements - Whereabouts Access to all performance services Values based education Personal branding Understanding of AusCycling Selection Policy
Performance Monitoring	Gate Time and Consistency Testing Skill Assessment Event Results Ergo and resistance training monitoring	Gate Time and Consistency Testing Skill Assessment Event Results Ergo and resistance training monitoring	Track Data - Gate, individual straights, full lap Skill Assessment Tactical Assessment Bike specific Power testing Body composition: Anthropometry Baseline Concussion Assement	Track Data - Gate, individual straights, full lap Skill Assessment Tactical Assessment Bike specific Power testing Body Composition: DEXA Annual Concussion Assessment	Track Data - Gate, individual straights, full lap Skill Assessment Tactical Assessment Bike specific Power testing Body Composition: DEXA Annual Concussion Assessment
COMPETITION					
Key Levels of Competitions	Club, State, National	Club, State, National and International	State, National and International	National and International	International
Competition Capabilities	Adequate skill level to ensure safety and general compentency. Introduction to race and equipment regulations.	Proficiency in key skills with improved tactical execution and an emerging emphasis on performance. Understanding of race and equipment regulations.	Competent and confident in all technical/tactical areas related to SX tracks. Competent understanding of race and equipment regulations.	Technical and tactical execution under pressure at international events. Mastery of understanding race and equipment regulations.	Mentally confident to transition technical and tactical ability to Elite.
# of competitions (domestic and international)	25 - 35 race days (open, state, national)	15 - 25 race days (state, national, international capable of reaching semi-finals)	15 - 20 race days (state, national, international capable of reaching semi-finals)	10 - 15 race days (3-6 rounds per day; national, international capable of reaching semi-finals)	10 - 15 race days (3-6 rounds per day)
Cross Discipline Elements	Sampling of other cycling disciplines (freestyle and mountain bike for skills and jumping - track riding for strength and fitness	Utilising other cycling disciplines (freestyle and mountain bike for skills and jumping - track riding for strength and fitness	Track Sprint - Pre season training Freestyle - Off/Pre season training MTB - Off/Pre season Pump Track	Track Sprint - Pre season training Freestyle - Off/Pre season training MTB - Off/Pre season Pump Track	Track Sprint - Pre season training Freestyle - Off/Pre season training MTB - Off/Pre season Pump Track

CATEGORISATION PROFILE	U15 AND U17	U19	U23		ELITE	
Click to view Athlete Catgorisation Standards and Process	PRE-CATEGORISATION	EMERGING	DEVELOPING	PODIUM POTENTIAL	PODIUM READY	PODIUM REPRESENTATIVE

The AusCycling ADF proposes a staged progression from general to specialised sport development. AusCycling also recognises that talent development can be variable and influenced by individual factor and there may be need for flexibility around the entry age and progression rate in the talent pathway.