AUSCYCLING

U/15

IGNITE

You're early in your BMX Racing journey and it's all about getting to the track and learning the ropes. Training is gradually getting more structured, but it's kept fun, safe, and supportive. The aim is building skills and habits that will carry you through your sporting journey, on and off the bike.

Gate, Track Skills and Race Craft

You'll be working on the fundamentals every BMX racer needs. Getting your gate start set up and timing right, pumping and manualing with correct body position and timing, jumping with the right technique and speed, and cornering with good line selection. You'll also start building your race craft, including understanding positional awareness, reading the track, and picking the right lines. Once you are competent in these skills, clip pedals can be used.

Nail your gate and track fundamentals.

Building Your Engine

Your body is still developing, so training is all about building general fitness and strength. Smart, well-monitored training is the goal. You'll be doing 8–12 hours a week across BMX riding, pump track, sprints, bodyweight or supervised gym work, and other sports, with proper recovery built in.

Build fitness by training smart and recovering well.

Mindset and Good Habits

You're building the competitive courage to have a go and embrace a challenge and learning to notice your emotions and communicate what you're feeling to your coach and parents. You're curious, asking questions and willing to try and you're learning to keep going and keep trying when things don't go to plan. Building connections and feeling like you belong within your squad is a big part of this stage too. Playing other sports is important as it builds your all-round athleticism and keeps things enjoyable.

Build your focus and confidence and enjoy sport.

Your Support Crew and Life Skills

You may be working with coaches, club programs and/or Development Academy and have access to gate and track facilities and weekly race events to introduce new skills in a race environment. Education remains central to your development, you'll also start picking up useful life skills; SIA education, concussion awareness, intro to recovery, healthy hygiene habits, bike maintenance basics, mobility and strength work and basic nutritional needs.

Great people and habits.

Race Day: Get Out There!

Racing includes 25–35 race days across club, state, and national events. The goal is to ride safely, build competency, and start developing your race craft. Try other disciplines like BMX Freestyle and MTB for jumping skills and track riding for strength and fitness.

Race and learn.

8–12 hrs
TRAINING PER WEEK

25–35
RACE DAYS PER YEAR

Club–National
LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
- UCI POINT REQUIREMENTS
- KEY LEVELS OF RACING
- RACE CAPABILITIES
- ANNUAL RACE DAYS
- CROSS-DISCIPLINE

AUSCYCLING

U/17

IGNITE

Your training becomes more structured, skills get sharper, and racing gets more serious. It's still about enjoying the sport and staying balanced, but there's hunger to improve and challenge yourself every time you line up at the gate.

Gate, Track Skills and Race Craft

You are working on consistent gate execution in training, holding speed when you're not pedalling, competent manualing across various techniques, confident jumping of different sized jumps, and passing with contact in corners. In racing, you're developing and following proper race plans including understanding where to be on the track, when to make moves, and how to manage a race from gate to finish line.

Gate consistency, comfortable with contact and race with a plan.

Building Your Engine

Training increases to 12–18 hours a week across BMX riding, pump track, sprints, and structured gym work. The focus is on executing key lifts with correct technique before increasing load as well as increasing resistance in sprint training. You're building the physical foundation you'll need to compete.

Build strength with good technique and develop sprint power.

Mindset and Good Habits

You're building competitive confidence, trusting your preparation and backing yourself. You're developing emotional agility, learning to pause before reacting and respond with flexibility. Your coachability expands as you seek feedback, experiment with new ideas, and focus on the process. You're learning to reset quickly, letting go of mistakes and refocusing on what's next, and contributing to your team by supporting others and bringing positive energy. Keeping your life balanced between sport, work and school is part of this stage too.

Remain focussed, process driven and back yourself on and off the bike.

Your Support Crew and Life Skills

You may be working with an Accredited Coach, club program and/or Development Academy, with regular access to gate and track facilities and race series to refine your skills in a race environment. Education remains central to your development and your life skills toolkit expands to include packing your bike for travel, financial literacy, social media smarts, general nutrition, healthy hygiene habits.

Great coaches and growing life skills.

Race Day: Compete with Intent

Racing includes 15-25 race days across the year at club, state, national, and international level. You're working on proficiency in all key skills with sharp tactical execution and an emphasis on performance. Try other disciplines like freestyle and MTB off-season to develop your bike skills as they contribute to your racing.

Race smart, compete with purpose, and improve with every gate drop.

12–18 hrs
TRAINING PER WEEK

15–25
RACE DAYS PER YEAR

Club–International
LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
- UCI POINT REQUIREMENTS
- KEY LEVELS OF RACING
- RACE CAPABILITIES
- ANNUAL RACE DAYS
- CROSS-DISCIPLINE

AUSCYCLING

U/19

PROGRESS

You are now optimising your training, building your independence, and preparing to compete at the national and international level with confidence. The development phase is transitioning into a performance phase.

Gate, Track Skills and Race Craft

You are looking for consistent gate execution under pressure, holding race speeds when you're not pedalling, various manuals at high speeds, comfortable jumping off an 8-metre SX hill in a race pack, and maintaining race speed in corners while passing opponents. Tactically, you're developing strong positional awareness and understanding your passing options while executing a race plan.

Consistency, confidence and execution under pressure.

Building Your Engine

Training is 14–20 hours a week, structured around a phased training plan aligned to your Individual Athlete Performance Plan. The focus shifts to increasing weight loads in key lifts, building torque and cadence strength on the bike, developing lower lean mass in the gym, and dialling in your nutrition. Every session has a clear purpose behind it.

Build power and strength with a smart, structured training plan.

Mindset and Good Habits

You're building competitive conviction, committing fully to your decisions and learning to tolerate uncertainty. You're developing emotional regulation to manage anxiety and fear while staying task-focused. You're becoming self-directed, reflecting on your experience and identifying what to improve, and balancing process with outcomes. You're learning to adapt when plans change and find another way forward, taking responsibility for your impact and owning your contributions, including bouncing back from mechanicals, bad motos, and tough calls.

Stay composed, own your performance, and bounce back stronger every time.

Your Support Crew and Life Skills

You'll be working with an accredited AusCycling coach and collaborating with various service providers towards an IAPP. You will have access to SX 8-metre hills, pro straights and group training sessions. Life skills keep refining to include travel arrangements, independent meal planning, heightened hygiene habits, communicating professionally with program staff, social media management, education and employment support through AWE.

Own your program, build your support team and embrace professional habits.

Race Day: National and International

Racing is at state, national, and international level (capable of reaching semi-finals), with 15–20 race days across the year. You're competent and confident in all technical and tactical areas on SX tracks, and your results feed into your individual UCI ranking and nation ranking. Mix in track sprint pre-season and freestyle or MTB in the off-season to keep your physical development well-rounded. UCI points become a consideration, impacting your individual ranking, nation ranking, and event seeding.

Compete confidently at all levels.

14–20 hrs
TRAINING PER WEEK

15–20
RACE DAYS PER YEAR

State–International
LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
- UCI POINT REQUIREMENTS
- KEY LEVELS OF RACING
- RACE CAPABILITIES
- ANNUAL RACE DAYS
- CROSS-DISCIPLINE

AUSCYCLING

U/23

PROGRESS

You are targeting specific national and international events to maximise results and selection potential. Your training, racing, recovery and mindset are built around that objective.

Gate, Track Skills and Race Craft

Your technical execution is focused on performing consistently under pressure at international events. That means a reliable gate start, holding high speeds when not pedalling on SX tracks, various manuals at high speed on SX courses, confident jumping in a pack off an SX hill, and strong positional awareness in turns. You can execute your race plan under pressure (reading the race, making the right moves, and staying sharp from gate to finish).

Composed racing under pressure at international events.

Building Your Engine

You'll be training 14–20 hours a week, structured around a phased plan aligned to your IAPP. The focus is on building absolute power through torque and cadence work on the bike, using the gym to increase lean body mass, and nutrition dialled in for body composition. You will be training with a clear purpose phased to your target events.

Build absolute power with a focused training plan.

Mindset and Good Habits

You're building competitive command, taking responsibility and owning the race with positive intent. You're developing emotional choice, using your emotions as information and recognising you have a choice in your next move. You're autonomous, making informed decisions and seeking out the right expertise, and you bounce forward through setbacks, learning and growing through every challenge. You use your voice positively and help shape the culture around you, staying process-focused under the pressure of the highest level of competition.

Control your emotions, stay process-focused and own every outcome.

Your Support Crew and Life Skills

You'll have an accredited AusCycling coach and may access to the Centre of Excellence and performance camps. You may be in the Registered Testing Pool and managing your whereabouts. Fully independent living, specialised recovery, established hygiene habits, sponsor and stakeholder management, and social media management are all part of your routine.

Own your performance and optimise your support.

Race Day: National and International

You'll be racing at national and international (capable of reaching semi-finals) level with 10–15 race days. You're executing technical and tactical skills under pressure at international events, with results feeding into your UCI ranking and selection pathway. Track sprint pre-season and freestyle or MTB off-season work keeps your physical preparation well-rounded and your riding sharp.

Perform at your highest level under pressure.

14–20 hrs
TRAINING PER WEEK

10–15
RACE DAYS PER YEAR

National & Int'l
LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
- UCI POINT REQUIREMENTS
- KEY LEVELS OF RACING
- RACE CAPABILITIES
- ANNUAL RACE DAYS
- CROSS-DISCIPLINE

AUSCYCLING

Elite

PERFORM

Elite BMX racing is about consistently and professionally delivering at the biggest events; World Cups, World Championships, Commonwealth Games and the Olympics.

Gate, Track Skills and Race Craft

Your technical and tactical execution is at the highest level of the sport. Gate consistency under the most intense international pressure, holding high speeds on SX tracks, various manuals at race speed, confident jumping in a pack off an SX hill, and dominant positional awareness in turns. You're mentally confident and capable of expressing your full technical and tactical ability at the gate of a World Cup final or Olympic heat.

Express world class technical and tactical skills under pressure.

Maintaining Your Engine

You'll be training 14–20 hours a week, built around your competition calendar and IAPP. The focus is on maximising absolute power; torque and cadence on the bike, using the gym to increase lean body mass and prime mover strength. Your nutrition and body composition are fully optimised for your event demands. You maintain a high level of quality training year round, with track sprint, freestyle, and MTB integrated into your off and pre-season to keep your riding well rounded and sharp.

Specialised preparation for targeted performance outcomes.

Mindset and Good Habits

You race with competitive composure, composed under pressure, riding with clarity, decisive and fully committed. You display emotional composure, embracing your emotions without being overwhelmed and staying clear and calm when it matters most. You're accountable, owning your development and helping others learn, and you thrive under pressure, persisting through adversity, adapting in ambiguity, and staying purposeful in the moment. As an active custodian of the sport, you protect what matters and leave things in a better place for those who follow. Winning and losing are both handled professionally. You operate within an accountable, autonomous culture where your established processes facilitate the desired outcome. You lead by example for every rider coming up through the pathway.

Be accountable, process-focused, and lead by example.

Your Support Crew and Life Skills

You have access to performance support services through the AusCycling Performance Team, your coach, and the Centre of Excellence. Course-specific preparation for World Cup venues, World Championships, and the Olympics is a priority. You manage your SIA whereabouts requirements as a matter of routine.

Use every resource to sustain peak performance.

Race Day: The World Stage

Racing is primarily international, with 10–15 targeted race days. Strategic execution at key events drives selection outcomes, nation ranking, and podium results. Performing when it matters most, protecting your long-term health, character and love of the sport are pivotal.

Deliver on the world stage, protect your longevity, and leave a legacy.

14–20 hrs	10–15	International
TRAINING PER WEEK	RACE DAYS PER YEAR	LEVEL OF COMPETITION

SYMBOL KEY

- TECHNICAL + TACTICAL
- PHYSICAL ATTRIBUTES
- CHARACTER
- SPORT SAMPLING
- COACHING ENVIRONMENT
- PHYSICAL DEVELOPMENT
- SKILL DEVELOPMENT
- WINNING WELL
- PERFORMANCE SUPPORT
- PERFORMANCE MONITORING
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- CROSS-DISCIPLINE