BMX Freestyle

AUSCYCLING

	IGNITE	PROGRESS	PERFORM
	AWAKEN - EXPLORE - COMMIT	STRETCH - CHALLENGE - REDEFINE	SHARPEN - DELIVER - INSPIRE
	JUNIORS Female (10 - 15 years) / Male (10 - 17 years)	**AMATEUR** Female (12 - 19 years) / Male (15 - 20 years)	**ELITE** Female & Male (15+)
	Athlete is building riding fitness and skills, developing quality off bike training and general life skills. As they progress, they are challenged to improve training capacity, volume and competition 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 nationally and internationally. Athletes are process focussed while targeting specific events to maximise performance.	Athletes are process focussed while targeting specific events, maximising performance and achieving podiums and outcomes aligned with the WWITTW framework
ATHLETE PROFILE			
Technical + Tactical Skills	**FEMALE** Strong BMX Stance Position Good bunny-hop skills Basic use of skate park obstacles Dropping In / Flying Out Use of Quarter pipes Use of Hips / Spines Developing good bike control and jumping skills Use of intermediate sized skate park obstacles (6ft tall etc) Can air quarters back-to-back Can jump in rhythm Small transfers on smaller obstacles Can develop a basic run with 8-10 tricks for 60s Basic tricks (foot and frame tricks & hand and handle bars) - i.e. bars, whips, tuck no handers, table etc Trick combinations (basic tricks combined) Spins 180-360 Single flips BMXFS Skill Development Matrix **MALE** Strong BMX Stance Position Good bunny-hop skills Basic use of skate park obstacles Dropping In / Flying Out Use of Quarter pipes Use of Hips / Spines Developing good bike control and jumping skills Use of intermediate sized skate park obstacles (6ft tall etc) Can air quarters back-to-back Can jump in rhythm Small transfers on smaller obstacles Can develop a basic run with 8-10 tricks for 60s Basic tricks (foot and frame tricks & hand and handle bars) - i.e. bars, whips, tuck no handers, tables, etc Trick combinations (basic tricks combined) Spins 180-360 Spin combinations (spins combined with basic tricks) Single flips Flip combinations (Flips combined with basic tricks) BMXFS Skill Development Matrix	Tricks on all features Trick on full size features (International standard courses and features) Skill variation (perform skills and adapt quickly to various parks and various features) Run development - 60s runs meeting all judging criteria, can progress through qualification rounds and into finals. Can perform difficult tricks back to back in a line/run Minimal dead airs in runs - fills 60s with a variation of tricks Designing a realistic and well rehearsed run plan and executing in competition. **MALE** All basic tricks performed Multiples of basic tricks i.e. double/triple bars or whips Perform tricks opposite way or opposite direction i.e. alley oop, oppo, switch variations of tricks Advanced trick combinations with 2-3 tricks in one jump Spins up to 720 on various features Intermediate spin combinations (with 2-3 combined tricks or mutiples within a spin) Flips with combinations / mutiples/ mutiple combinations BMXFS Skill Development Matrix - Level 6+ **FEMALE** Basic tricks (foot and frame tricks & hand and handle bars) - i.e. bars, whips, tuck no handers, tables, etc Trick combinations (basic tricks combined) Spins 180-360 Spin combinations (spins combined with basic tricks) Single flips Flip combinations (Flips combined with basic tricks) BMXFS Skill Development Matrix - Level 4+	Can develop and perfom a competitive run with limited practice time on course Can develop a run to suit the level of competition with a 2 run strategy for qualifiers and a 1 run strategy meeting all judging criteria for further rounds Skill variation - Can adapt all skills quickly to a new international size course Makes sensible decisions around tricks that are competition ready for the course and the level of risk required to deliver a performance **MALE** Advanced and original trick combinations All tricks are executed well with style and good landings Mutiples of tricks up to 3-5 (i.e. bars, whips, oppo/switch tricks etc.) Perform advanced tricks with combinations opposite way or opposite direction (i.e. switch flair whip, down whip, bar etc) Spins including 360, 720, 900, 1080s on various features) Spin both ways up to 720 Advanced spin combinations Flips with spins (i.e. 540 flairs, 360 flips) Multiple flips (i.e. double flips, flairs) Original or NBD (never been done trick combinations) BMXFS Skill Development Matrix - Level 7+ **FEMALE** Advanced and original trick combinations All tricks are executed well with style and good landings Mutiples of tricks up to 2-4 (i.e. bars, whips) Perform tricks opposite way or opposite direction i.e. alley oop, oppo/switch variations of tricks Advanced trick cominations with 2-3 tricks in one jump Spins up to 720 on various features Intermediate spin combinations (with 2-3 combined tricks or mutiples within a spin) Flips with combinations / mutiples/ mutiple combinations BMXFS Skill Development Matrix - Level 5+
Physical Attributes	Off bike - Development of general movement competency, endurance, strength and power in conjunction with maturation stages (puberty). On bike - Development of aerobic capacity and explosive power (pump), has excellent balance and landing competency. BMXFS Physical Literacy Standards - Level 1-2	Displays good levels of: Strength in lower and upper body compound (multi-joint) lifts Power and explosive strength in lower and upper body exercises (force plates) Technique with plyometric/ jump ing exercises including double leg / single leg landing Displays excellent control across joints in all double leg / single leg exercises Shows a good level of aerobic capacity, anaerobic power and sprint power with conditioning tests Displays a sound knowledge and understanding of exercise prescription & a periodised training program Understands gym performance behaviors including movement preparation, use of Training Peaks & Team Builder, cleaning of equipment and communication with S&C coach. Uses recovery methods with minimal guidance Uses and understands movement preperation Independent utilisation of performance support services Develop basic body awareness needs Knowledge of energy system development methods BMXFS Physical Literacy Standards - Level 3	Displays excellent levels of: Strength in lower and upper body compound (multi-joint) lifts Power and explosive strength in lower and upper body exercises (force plates) Technique with plyometric/ jump ing exercises including double leg / single leg landing Displays excellent control across joints in all double leg / single leg exercises Shows a good level of aerobic capacity, anaerobic power and sprint power with conditioning tests Displays a sound knowledge and understanding of exercise prescription & a periodised training program Understands gym performance behaviors including movement preparation, use of Training Peaks & Team Builder, cleaning of equipment and communication with S&C coach Independently and proactively uses recovery methods Consistently structures and carries out movement preperation Independent utilisation of performance support services Body awareness and movement literacy Competent in basic strength & conditioning principles BMXFS Physical Literacy Standards - Level 4+
Character Traits			
Competition Mindset	Competitive courage (willing to have a go, embraces challenge, commits to trying new skills)	Competitive Commitment (trusts preparation, backs themselves to take risks, makes deliberate decisions & commits fully)	Competitive Composure (composed under pressure, decisive & fully committed, balances creativity, risk & execution)
Emotional Literacy	Emotional awareness (notices emotions, can communicate how they feel, recognises how emotions affect performance)	Emotional Agility (pauses before reacting, responds with flexibility, manages fear & anxiety, refocuses when things don't go to plan)	Emotional composure (fuses emotions as information, feels emotions without being overwhelmed, remains clear & calm when it matters)
Learning Mindset	Curious (asks questions, willing to try new things, enjoys experimenting)	Self-directed (seeks feedback & expertise, reflects on experiences, balances process & outcome)	Accountable (owns their development, helps others learn, uses experience & expertise to keep evolving)
Resilience & Adaptability	Can recover (Keeps going after mistakes & disappointment, learning to recover quickly when things don't go to plan)	Can reset & adapt (persists through setbacks, grows through challenges, finds another way)	Can thrive under pressure (persists through adversity, adapts in ambiguity, & rapidly rests to what matters next)
Connection & Contribution	Belongs (builds connections, feels part of the group, supports others)	Contributes (supports others, brings positive energy to the team & shows responsibility for their impact on the team)	Active custodian (uses their voice to influence positively, protects what matters, leaves things in a better place)
	BMX Freestyle Specific Character Traits include deliberate decisions, creativity, calculated risk, full committment, rapid recovery		
Sport Sampling	Multi-Sport and/or Multi-Discipline. Sports that develop high body movement awareness, arial awareness and landing competency may be beneficial e.g. acrobatic/aerial and gynamistics style training .	Multi Discipline with emphasis on BMX Freestyle specialisation. Supplementary acrobatic/aerial and gynamistics style training may be beneficial.	Primary focus on BMX Freestyle Park
UCI Point Requirements	N/A	AMATEUR (no requirements)	Elite requirement and Top 72 ranking for World Cup
PERFORMANCE ENVIRONMENT			
Daily Performance Environment	Skate parks local parks in peer led/coached environment and introduction to National Training Centre sessions with performance team staff (during camps or invitational sessions).	Hybrid training with an expectation of 1-2 riding sessions offsite and 2-3 sessions at the National Training Centre (if living locally or camps based if not local) Expectation of physical sessions completed by athlete on or offsite	Full time attendance at National Training Centre 5-6 riding sessions a week (onsite and offsite) Periodised riding and physical plans Follow an individual S&C plan 2 - 5 sessions per week onsite
Coaching Support	Local and/or Group Coaching, National Development Academy	National Development Academy, State Institute Programs, AC Development cohort. Co-development of an IAPP and prioritised seasonal competition calendar.	National Training Centre
Physical Development - Training load and structure	Freestyle riding 4 - 6 days per week Suitable physical gym/cross training/cross sport training 1 - 3 days per week	Freestyle sessions 5-6 days per week (with some sessions at the National Training Centre) Follow an individualised S&C plan 2 / 3 sessions per week	Full time attendance at National Training Centre Periodised riding and physical plans Follow an individual S&C plan 2 - 5 sessions per week including strength, conditioning and recovery
Facility Access	Access to local skateparks relevant to BMX Freestyle Occasional access to foam pits / resi setups for learning more advanced tricks. Occasional access to pro-level parks and larger obstacles. Introduction to the National Training Centre including international competition standard course Variability in training is encouraged through the use of a range of parks, pump tracks and dirt jumps.	Access to local skateparks relevant to BMX Freestyle Regular access to foam pits / resi setups for learning more advanced tricks. Regular access to pro-level parks and larger obstacles. Regular access to the National Training Centre including international competition standard course	Access to local skateparks relevant to BMX Freestyle for off site riding and variation relevant to upcoming competition/ features Consistent access to foam pits/resi setups Consistent access to pro-level parks Consistent access to the National Training Centre
Winning Well	Discovering the joy of cycling, developing fundamental skills and learning more about yourself in a fun, safe and supportive environment. It's about building confidence, friendships and a love of the sport while learning to challenge yourself, try new things and celebrate your progress.	Growing as an athlete and a person, developing the skills, habits and self-awareness to train and compete with purpose. It's about taking increasing ownership of your development, learning to respond constructively to challenge and contributing positively to the people and environment around you, while maintaining healthy connections and interests beyond the bike	Pursuing excellence and performing when it matters while remaining healthy, connected and grounded. It's about taking responsibility for your performance and wellbeing, responding to success, disappointment and pressure with perspective, and using your experience and influence to positively shape others and the sport
Performance Support Knowledge and Skills	**Introduction** Good health/hygiene habits Bike maintenance basics Pre-ride warm up/injury prevention Introduction to recovery concepts Basic nutrition (foods that give energy / aid recovery) Concussion Education/Awareness SIA Education Sports Psych - General principles Build bike up for travel / pack up Increased mobility Strength & Conditioning loading in a gym setting Established recovery practices Nutrition education Social media education (16+) Concussion Education/Awareness Education (Studies, Apprenticeship or work) Financial Literacy (plan/manage a budget)	**Refinement** Performance health and hygiene habits Bike maintenance S&C curriculum and S&C staff support Injury prevention programs Individualised and assisted recovery practices Meal planning and prep SIA Education Requirements Social media management Concussion Education/Awareness Education (Studies, Apprenticeship or work) Financial Literacy (plan/manage a budget) Travel arrangements (booking of flights, accommodation, S&C facilities, training facility access) Proficiency of communication with program staff Collaboration on IAPPs with service providers Psych workshops (online & camp based) AW&E L&D curriculum and staff support Introduction to Registered Testing Pool (RTP) and Whereabouts process Specialised recovery practices Sponsor and stakeholder management Social media management (16+)/personal branding Optimised bike fit Sports Psych - Performance specific AusCycling Supplements Policy	**Mastery** Access to all performance support services Concussion Education/Awareness Specialised recovery practices Individual support from sports psychologist (clinics and sessions) Use of the Psych skills framework Full utlisation of AW&E L&D curriculum and staff support Understanding AusCycling Selection Policy AusCycling Supplements Policy
Performance Monitoring	Skill based assessments, focusing on core bike skills, performance/run based assessments focusing on judging criteria, base physical conditioning testing and movement competency. Add link to physical competencies	Skills testing DTE/ Performance trials (During National Development Academy sessions) Focus on judging criteria: Speed, flow, height, landings, variation, progression, style, originality. Performance Testing: S&C testing sessions, Physical testing sessions, movement competency	Focus on all 11 judging criteria in detail (difficultuy of tricks, height/amplitutde, flow, originality, execution, style, progression, variety of traciks, risk factor, landings, use of the course) Have a strong qualification strategy (2 runs count) and build runs to cater to the competition Performance Testing: Force plate testing, HR monitoring
COMPETITION			
Key Levels of Competitions	Jams, State Based Competitions, C1's, Nationals, Continentals	C1/HC Domestic and International, Nationals, CC, World Cup, International camp and competition opportunities	C1, CN, CC, HC, World Cup, World Champs, Olympic Games
Competition Capabilities	Ability to plan and deliver a 60-sec run Plan and complete a 60-sec run in line with judging criteria. Ability to progress through rounds in competition (qualifying/finals) Development of a tactical strategy in competition Understanding competition and equipment regulations.	Determines a run to suit the level of competition Can look at a course on paper and determine a potential line and develop a performance strategy for qualifying/finals. Can plan and execute a competitive run. Competent understanding of competition and equipment regulations.	Uses trick matrix to determine a run to suit the level Can reflect and review performance to improve future Determines appropriate run to match level and to perform at the highest level Can plan and execute a winning/podium run Mastery understanding of race and equipment regulations.
# of competitions (domestic and international)	5+ domestic competitions	5+ domestic; 1-2 international competitions	3+ domestic; 5+ international competitions
Cross Discipline Elements	Sampling of other cycling disciplines (MTB, BMX Racing, Pump track, dirt jumps)	Periodised use of MTB, BMX Racing, Pump track, dirt jumps	Off season/transition season - mix it up with different sports to stay fresh mentally

CATEGORISATION PROFILE	JUNIORS FEMALE 10-15 / MALE 10-17		AMATEUR FEMALE 12-19 / MALE 15-20		ELITE FEMALE & MALE 15+	
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.