AUSCYCLING

JUNIOR

IGNITE MALE 10–17 · FEMALE 10–15

You're at the start of your BMX Freestyle journey and it's all about getting to the park, learning new tricks, and having the best time doing it. Training is gradually getting more structured, but it's kept fun, supportive, and driven by your love of riding. The goal is to build your skills and find your style while enjoying yourself.

Park Skills and Trick Craft

You'll be working on the fundamentals every freestyle rider needs. Nailing your BMX stance, getting your bunny hop solid, dropping in and flying out, using quarter pipes, hips, and spines, and developing good bike control and jumping skills. You'll start building a basic run of 8–10 tricks for 60 seconds — bars, whips, tuck no-handers, tables, basic trick combinations, spins from 180 to 360, and single flips. Junior males will also add Spin combinations and Flip combinations. Every trick you learn is a building block for what comes next.

Fundamentals first and start building runs you're proud of.



Building Your Engine

Your body is developing, so training is about building general endurance, strength and power. On the bike, you're building aerobic capacity, explosive pump power, movement competency, and the balance and landing skills that underpin everything in freestyle riding. You'll be doing 4-6 days per week of freestyle riding and 1-3 days per week of other physical activity including cycling, general conditioning sessions (gym/circuit), and other sports, with proper recovery time built in.

Build fitness and power that works with your level of maturity.



Mindset and Good Habits

You're building the competitive courage to have a go, embrace a challenge, and commit to trying new skills. You're developing emotional awareness, noticing your emotions, being able to talk about how you're feeling, and recognising how emotions affect your riding. You're curious, asking questions, willing to try new things, and enjoying the experimenting. You're learning to recover quickly after mistakes and disappointment, and building real connections and feeling like you belong within your squad. This stage is about enjoying the sport, building passion, and challenging yourself alongside your mates.

Stay positive, embrace setbacks, and keep fun at the core.



Your Support Crew and Life Skills

You may have access to local or group coaching and National Development Academy sessions during camps and invitational events. Education remains central to your development, you'll also start picking up useful life skills including bike maintenance basics, warm-up and injury prevention, intro to strength and conditioning, recovery concepts, healthy hygiene habits, basic nutrition, concussion awareness, and general sports psych principles. Getting into these habits sets you up for your future.

Great people around you and great habits to build.



Competition: Get Out There and Ride!

Competitions at Juniors level include jams, state comps, C1s, Nationals, and Continentals, with 5+ domestic opportunities a year. The goal is to plan and deliver a solid 60-second run, progress through qualifying rounds, and start developing a basic tactical strategy. Treat every competition as a chance to learn

Compete as much as you can and learn from every run.



4–6 days riding
+ 1–3 DAYS GYM / CROSS-TRAINING

5+ domestic
COMPETITIONS PER YEAR

State–Continental
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
- FACILITY ACCESS
- DAILY PERFORMANCE ENVIRONMENT

AUSCYCLING

AMATEUR

PROGRESS | FEMALE 12–19

At this level things are geared towards optimising your training, building independence, and starting to compete at national and international level. There's a focus on performing and improving every time you ride.

Park Skills and Trick Craft

You're working on performing tricks on full-size international standard features, adapting your skills quickly to different parks and obstacles, and building 60-second runs that meet all judging criteria and can get you through to later rounds. For riders at this level, that means trick combinations,180- 360 spins, spin combinations, single flips, and flip combinations, executed with style and good landings, and filling the full 60 seconds with variety and flow.

Ride bigger features, build competitive runs and perform to judging standards.

Building Your Engine

You're showing good levels of strength in lower and upper body compound lifts, good explosive power, solid plyometric technique, and excellent body control in all exercises. You understand how to follow a periodised training program, know your way around the gym, and are starting to use recovery methods independently. Your aerobic capacity, anaerobic power, and sprint power are all being developed and tested. Your gym etiquette, communication with your S&C coach, and overall training discipline are well established.

Train hard and smart in the gym, recover well and build your physical platform.

Mindset and Good Habits

You're building competitive commitment, trusting your preparation, backing yourself to take risks, and making deliberate decisions with full commitment. You're developing emotional agility, pausing before you react, managing fear and anxiety, and refocusing quickly when things don't go to plan. You're becoming self-directed, seeking out feedback and expertise, reflecting on your experiences, and balancing process with outcome. You're learning to reset and adapt, persisting through setbacks and finding another way forward, and contributing to your team by supporting others, bringing positive energy, and taking responsibility for your impact. Managing the demands of your freestyle training program with minimal guidance is a key part of growing as an athlete.

Build your mental toolkit and learn to perform under pressure.

Your Support Crew and Life Skills

You may be working with the National Development Academy, state institute programs, and the AusCycling development cohort, with regular access to foam pits, pro-level parks, and the National Training Centre. Life skills keep building to include bike maintenance, individualised recovery, healthy hygiene habits, meal planning and preparation, travel bookings, social media management, financial literacy, psych workshops, collaborating on your IAPP and starting to understand the Registered Testing Pool and whereabouts process. Staying on top of your education or work is part of the deal too.

Use every resource available and build the life skills that make you a complete athlete.

Competition: Plan and Purpose

Competitions include C1s, Nationals, Continental Championships, HCs, World Cups, and international opportunities, with 5+ domestic and 1–2 international competitions a year. You can look at a course, map out a potential line, and develop a two-run strategy for qualifying through to finals. Every result feeds into your UCI ranking and pathway towards Elite selection.

Compete strategically, execute your runs and build your international reputation.

4–6 days riding

+ 1–3 DAYS GYM / CROSS-TRAINING

5+ domestic · 1–2 int'l

COMPETITIONS PER YEAR

National–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
- FACILITY ACCESS
- DAILY PERFORMANCE ENVIRONMENT

AUSCYCLING

AMATEUR

PROGRESS MALE 15–20

At this level things are geared towards optimising your training, building independence, and starting to compete at national and international level. There's a focus on performing and improving every time you ride.

Park Skills and Trick Craft

You're performing tricks on full-size international standard features, adapting quickly to different parks and obstacles, and building 60-second runs that meet all judging criteria. For riders at this level, that means all basic tricks performed consistently, multiples of tricks like double or triple bars and whips, tricks done the opposite way or direction, advanced trick combinations with 2–3 tricks in one jump, spins up to 720 on various features, intermediate spin combinations, and flips with combinations, multiples, and multiple combinations. Style, consistency, and filling the full 60 seconds with variety are what separates your runs.

Ride bigger features, build competitive runs and perform to judging standards.

Building Your Engine

You're showing good levels of strength and explosive power across compound lifts and plyometric exercises, with solid aerobic capacity, anaerobic power, and sprint power. You understand how to train to a periodised program, recover independently, and use performance support tools. Your gym etiquette, communication with your S&C coach, and overall training discipline are well established.

Train hard and smart in the gym, recover well and build your physical platform.

Mindset and Good Habits

You're building competitive commitment, trusting your preparation, backing yourself to take risks, and making deliberate decisions with full commitment. You're developing emotional agility, pausing before you react, managing fear and anxiety, and refocusing quickly when things don't go to plan. You're becoming self-directed, seeking out feedback and expertise, reflecting on your experiences, and balancing process with outcome. You're learning to reset and adapt, persisting through setbacks and finding another way forward, and contributing to your team by supporting others, bringing positive energy, and taking responsibility for your impact. Managing the demands of your freestyle training program with minimal guidance is a key part of growing as an athlete.

Build your mental toolkit and learn to perform under pressure.

Your Support Crew and Life Skills

You may be working with the National Development Academy, state institute programs, and the AusCycling development cohort, with regular access to foam pits, pro-level parks, and the National Training Centre. Life skills keep building to include bike maintenance, individualised recovery, healthy hygiene habits, meal planning and preparation, travel bookings, social media management, financial literacy, psych workshops, collaborating on your IAPP and starting to understand the Registered Testing Pool and whereabouts process. Staying on top of your education or work is part of the deal too.

Use every resource available and build the life skills that make you a complete athlete.

Competition: Plan and Purpose

Competitions include C1s, Nationals, Continental Championships, HCs, World Cups, and international opportunities, with 5+ domestic and 1–2 international competitions a year. You can look at a course, map out a potential line, and develop a two-run strategy for qualifying through to finals. Every result feeds into your UCI ranking and pathway towards Elite selection.

Compete strategically, execute your runs and build your international reputation.

4–6 days riding
+ 1–3 DAYS GYM / CROSS-TRAINING

5+ domestic · 1–2 int'l
COMPETITIONS PER YEAR

National–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
- FACILITY ACCESS
- DAILY PERFORMANCE ENVIRONMENT

AUSCYCLING

ELITE

PERFORM | MALE & FEMALE 15+

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

Park Skills and Trick Craft

Competitions allow you to express the full range of your skills. Your coach facilitates debriefs, providing observations that lead to athlete led problem solving and the ability to review and reset within a performance. Original trick combinations, multiples of tricks up to 3–5, tricks executed with style and perfect landings, advanced combinations in both directions, spins from 360 to 1080s, advanced spin combinations, flips with spins, multiple flips, and original or never been done combinations are part of your skill set. You use a trick matrix to determine the right run for the level, and you execute a winning or podium run when it counts.

Deliver world class technical and tactical runs under pressure.

Building Your Engine

You're performing at an elite physical level; excellent strength and explosive power in compound lifts, force plate testing, high anaerobic capacity, and consistently structured movement prep and recovery. You follow a fully periodised individual S&C plan of 2–5 sessions a week at the Centre of Excellence, with 5–6 riding sessions a week on and off site. You understand your body and manage your physical preparation independently.

Specialised preparation for targeted performance outcomes.

Mindset and Good Habits

You race with competitive composure, composed under pressure, decisive and fully committed, balancing creativity, risk, and execution. You display emotional composure, using your emotions as information 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 rapidly resetting to what matters next. As an active custodian of the sport, you use your voice to influence positively, protect what matters, and leave things in a better place. In the off season, mixing it up with different sports keeps you fresh mentally and physically for the next campaign.

Be decisive, stay composed under pressure and lead by example.

Your Support Crew and Life Skills

You're an athlete at the Centre of Excellence with access to performance support services including individual sports psych support, specialised recovery, force plate testing, heart rate monitoring, sponsor and stakeholder management and full AW&E support. UCI points requirements for World Cups, World Championships, and the Olympics are an ongoing responsibility, including maintaining a top-72 world ranking for World Cup selection, which you actively manage and protect.

Use every resource to sustain peak performance.

Competition: The World Stage

Competition includes 3+ domestic and 5+ international competitions per year. You use your trick matrix to build the right run for the right level, reflect and review after every performance, and execute winning and podium runs on demand. Performing when it matters most, protecting your long-term health, character and love of the sport are pivotal.

Deliver podium runs at the biggest events, protect your longevity, and leave a legacy.

5–6 riding sessions
+ 2–5 S&C SESSIONS / WK

3+ domestic · 5+ int'l
COMPETITIONS PER YEAR

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
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