MTB XCO

AUSCYCLING

	IGNITE		PROGRESS		PERFORM
	AWAKEN - EXPLORE - COMMIT		STRETCH - CHALLENGE - REDEFINE		SHARPEN - DELIVER - INSPIRE
	U15	U17	U19	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	Ready Position Smooth Shifting Braking modulation Intro to foundation obstacles (minimum 15cm) Small obstacles at speed (minimum 10cm) Small Drops (minimum 30cm) Wheelies (minimum 6 m) Decision Making Pacing Strategies Basic race debrief Positioning in Group Hole shot Positioning in final stretch/finish	Refined cornering Maximise line selection (momentum with single speed) Manuals Obstacles (Minimum 45cm) Obstacles at speed (Minimum 30cm) Medium/Large jumps Larger Drops (Minimum 90cm) Staying loose on the bike When/Where to pass Developing, executing and debriefing a race plan Ability to read race courses Learn opponents strengths and weaknesses and style	Increase cornering speed and improve balance Obstacles/jumps/drops at elevated heart rate Obstacles/jumps/drops at increased heights and speeds while maintaining control Refinement and variety of race plans and debriefs Development and execution of winning habits	Ability to adapt race plan during the race Maximising positioning and getting to key positions Consolidating winning habits	Revisiting the basics to reinforce best in the world technical and tactical skills Optimised use of knowledge of competitors strengths and weaknesses, strategy and tactics
Physical Attributes	Development of general endurance and strength in conjunction with maturation stages (puberty).	Building aerobic capacity (increased riding volume). Strength training inclusive of general (gym) and specfific (on bike)	Developing maximal aerobic capacity (further increase in riding volume and intensity). Increased intensity of strength training (general & specific).	Developing maximal aerobic capacity and maximising event specific physical/physiological attributes.	Event specific optimisation with continued focus on mitigating performance gaps. Maintain a high level of fitness in the off-season.
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)
	MTB XCO Specific Character Traits include resourcefulness, problem solving, adaptability, self-relience				
Sport Sampling	Multi-Sport	Multi-Sport and/or Multi-Discipline	Multi-Discipline	Multi-Discipline (increased focus on MTB)	Primary focus on XCO and XCC, secondary focus on Road/CX
UCI Point Requirements	N/A	N/A	Required for start position and world ranking	Required for start position, world ranking and short track.	Required for start position, world ranking and short track, Olympic Games Nation Ranking.
PERFORMANCE ENVIRONMENT					
Coaching Support	Coach, Club program and/or Development Academy	Accredited coach, club program and/or Development Academy	Accredited coach to co-develop an IAPP and prioritised seasonal race calendar.	Accredited coach to co-develop an IAPP and prioritised seasonal race calendar.	Athlete led IAPP in consultation with Coach, Manager, AusCycling and Team/Sponsors.
Physical Development - Training load and structure	10 - 15 hours of physical activity per week including riding, general physical conditioning and/or other sports (school) or cycling disciplines. >10hrs of physical activity per week requires at least one full day of recovery per week	12 - 18 hours per week including riding, running, gym and other sports with periods of recovery	500-600 annual training hours with a typical week having up to 15 - 20 hours per week including riding, running and gym with phased recovery periods.	600-700 annual training hours including riding, running and gym built around rest periods then specific events (NCH, WCh).	700+ annual training hours built around specific competitions (WCH, OG selection events) followed by rest periods
Skill Development Requirements	Access to trail networks, weekly race series	Regular access to trail networks, race series	Regular access to trail networks and training camp opportunities, race series (MTB, Road, CX)	Regular access to trail networks (local and international), high performance training camps, international racing opportunities (MTB, Road and/or CX)	Course specific preparation (WCh, OG) prioritising new venues
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** Good health/hygiene habits Bike maintenance basics Mobility and S&C Introduction to recovery concepts Meal Planning and cooking basics, in-training nutrition Concussion Education/Awareness SIA Education	**Evolution** Good health/hygiene habits Basic mechanical Tuning of bike Suspension setup Packing bike for travel Increased mobility and S&C loading Established recovery practices Meal Planning - Grocery shopping and cooking balanced meals, in-training nutrition SIA Education Requirements Social media education (16+) Concussion Education/Awareness Furthering Education Financial Literacy (plan/manage a budget)	**Refinement** Performance health and hygiene habits Bike maintenance Mobility and S&C Individualised and assisted recovery practices Meal planning and prep Travel arrangements (including booking of flights, accommodation, S&C facilities, on-bike routes) 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 Sports Psych - General principles Education, employment support (AWE)	**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 Optimised bike fit Concussion Education/Awareness Sports Psych - Performance specific Understanding of AusCycling Selection Policy Education, employment support (AWE)	**Mastery** Access to all performance support services Optimised bike fit and equipment Concussion Education/Awareness Specialised recovery practices Understanding of AusCycling Selection Policy
Performance Monitoring	Skill Assessment	Skill and field-based physiological assessments, baseline concussion assessments (at riders discretion)	Skill and field-based physiological assessments, standardised testing Baseline medical screenings/concussion assessments	Comprehensive physiological monitoring and performance analysis Full medical screening to complement the increased training and competition load	Comprehensive physiological monitoring and performance analysis Full medical screening to complement the increased training and competition load
COMPETITION					
Key Levels of Competitions	Club and state level racing	Club, State, National and International	State, National, International	National, International	International
Competition Capabilities	Adequate proficiency to ensure safe and competent riding. 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.	Refinement of technical and tactical race skills and managing setbacks. Competent understanding of race and equipment regulations.	Mastery of technical skills and race management, course specific strategy and tactics and understanding race and equipment regulations.	Strategic execution at key events to optimise points accruement, selection, team standing, team contract
# of competitions (domestic and international)	Weekly club events in season, 10-15 state/national race days across road, MTB, CX and track	Weekly club events in season, 15-20 state/national race days across road, MTB, CX and track, and where developmentally appropriate up to 5 international race days	30-40 club, state, national races days including 10-15 UCI race days across road, track, MTB and CX	25+ starts (XCO/XCC + CX + Road)	25+ starts (XCO + XCC)
Cross Discipline Elements	Sampling of other cycling disciplines (basic CX skills and racing, road racing and track skills)	Road skills including refining cornering and descending skills, pedal stroke. CX Skill refinement and increased competition	Road racing and bunch movement skills CX racing to refine tactical and technical skills	UCI points management; new UCI rules allow for cross-discipline points accruement	UCI points management; new UCI rules allow for cross-discipline points accruement

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.