Road

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	Fundamental bike handling skills Braking modulation and emergency reactions Cornering Techniques Line Selection and Decision making Positioning in Group Positioning in final sprint/finish Smooth Shifting and climbing gears Basic emergency reactions (crash avoidance and management) Pacing Strategies (TT) Climbing technique	Bunch Skills Refined cornering Maximise line selection (momentum) Positioning (Cross-winds, narrow roads, criteriums) Advanced emergency reactions at speed Feeding practices Pacing strategies (TT, Climbs, Breakaway) Developing, executing and debriefing a basic race plan Ability to read race courses (weather, etc) Learn opponents strengths and weaknesses and style.	Refinement of bike handling skills in line with international competition Advanced individual and team race skills Decision making in various races and conditions Understand and implement race tactics/plan with coach and/or DS Planning and preparation for stage racing Refinement and variety of race plans Debrief and learning Development and execution of winning habits	Elevation of bike handling skills towards professional level Advanced team strategy and implementation Diversity of role within team racing strategy Exposure to broad range of race types (terrain, stage races, one day races etc) Consolidating winning habits	Mastery of bike handling skills Mastery of tactical knowledge and implementation Specialisation in line with athlete attributes
Physical Attributes	Development of general endurance and strength in conjunction with maturation stages (puberty).	Building aerobic capacity (increased riding volume), emphasis on speed and power development.	Building maximal aerobic capacity (increased riding volume) and increased strength and anaerobic capabilities.	Building maximal aerobic capacity and power (further increases in training volumes). Increasing specific strength and anaerobic power.	Specialisation of physical attributes to career role.
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)
	ROAD Specific Character Traits include independance, communication, international living, team accountability, professionalism				
Sport Sampling	Multi-Sport	Multi-Sport and/or Multi-Discipline	Multi-Discipline with Multi-Sport aspects	Multi-Discipline	Specialisation (inclusive of Multi-Discipline)
UCI Point Requirements	N/A	N/A	Requirement for UCI Nations Cup points for World Championship quota spots	UCI requirements for World Championship quota spots	UCI requirements for World Tour teams and World Championship and Olympic qualifications.
PERFORMANCE ENVIRONMENT					
Coaching Support	Coach, Club program and/or Development Academy	Accredited coach, club program and/or Development Academy	Accreditated Coach, SIS/SAS coach to co-develop an IAPP and prioritised seasonal race calendar	Accreditated Coach, SIS/SAS Coaches, Conti, World Tour Development and/or World Tour teams	Accreditated Coach, Conti, World Tour Development and/or World Tour teams
Physical Development - Training load and structure	8-12 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.	10-15 hours per week including riding, gym and/or other sports or cycling disciplines with periods of recovery.	600-700 annual training hours incorporating specific training blocks for peak competitions. Typical training weeks will reach up to 15-20 hrs of various training (Road, Track, MTB, CX, gym, etc...)	700-800 annual training hours incorporating specific peaking strategies involving environmental stimuli (altitude & heat) for key competitions.	800+ annual training combined with specific peaking strategies involving environmental stimuli (altitude & heat) for key competitions (single and multi day stage racing).
Skill Development Requirements	Access to safe roads and courses, weekly race series. Car racing circuits	Regular access to safe roads and courses, race series. Car racing circuits.	Regular access to safe roads and courses, race series (domestic and international)	Regular access to safe roads and courses, race series (domestic and international)	Regular access to safe roads and courses, race series (domestic and international)
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, including tyre selections Mobility and general physical conditioning Introduction to recovery Meal Planning and cooking basics, in-training nutrition Concussion Education/Awareness SIA Education	**Evolution** Good health/hygiene habits Basic mechanical tuning of bike Foundation of bike set up Tyre pressure environmental adjustments 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 SIA Education Requirements AusCycling Supplements Policy Social media management/personal branding Concussion education/Awareness Sponsor and stakeholder management Optimised bike fit Understanding of AusCycling selection policies 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 Advanced training interventions (heat, altitude etc) Sponsor and stakeholder management Social media management/personal branding Optimised bike fit Concussion education/Awareness Understanding of AusCycling selection policies Sports Psych - Performance specific Education, employment support (AWE)	**Mastery** Access to all performance support services Optimised bike fit and equipment Concussion education/awareness Specialised recovery practices Registered Testing Pool (RTP), Whereabouts Understanding of AusCycling selection policies
Performance Monitoring	Skill Assessment, mini TT segment and Strava challenges	Skill and field-based physiological assessments including Baseline Critical Power/Ramp Testing. 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 and National	State, National and International	National and International	International
Competition Capabilities	Adequate skill and fitness level to ensure safety and general competency. 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.	Progressive development of technical skills and race strategies across specific race conditions. Mastery of understanding race and equipment regulations.	Strategic execution to optimise results, points accruement, team standing, team contract
# of competitions (domestic and international)	Weekly club events in season, plus 10-20 state/national race days across road, MTB and track	Weekly club events in season, plus 20-25 state/national race days across road, MTB and track	30 - 50 starts inclusive of club, state, national racing and 15-25 UCI race days	30-50 UCI race days	60+ WT/WWT race days
Cross Discipline Elements	Sampling of other cycling disciplines.	Skill refinement and increased competition across disciplines	High level of transferable skills displayed across disciplines	Continued transferable skills across disciplines with increased emphasis on road.	Road specialisation with cross discipline elements.

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.