Track Endurance

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 (Safety) Introduction to gate starts Situational awareness (bunch positioning) Decision making Following the wheel Developing basic bunch skills Exploring tactical skills and execution Positioning in final sprint/finish Intro to IP and TP pacing and technique Intro to basic road skills	Bike handling skills (Technical) Introduction to gate starts Ability to read race, tactical skills and positioning body and bike Understanding of team and bunch racing tactical requirements and decision making Developing, executing and debriefing a race plan Learn self and opponents strengths, weaknesses and style Advancing bunch skills e.g. lay off a wheel, use the track, judge speed & distance, bunch positioning, counting laps, read score board Introduction to Madison techniques Progressing IP and TP technique Developing the skill to maintain aero position for the duration of IP and TP Intro to Omnium through individual events	Bike handling skills (Tactical) Refining of gate technique Advanced individual and team race skills (self and opponent strengths and weaknesses) Decision making in various races and conditions (track/ road) Understand and implement race tactics/plan with coach Understand impact on performance of race positioning Understanding gear selection and impact Executing Advanced bunch skills Management of Omnium components as one event Executing different Madison techniques with different partners Executing advanced IP and TP techniques Execute the skill to maintain aero position for the duration of IP and TP	Compete successfully at a high level in international competition by maximising the resources available and consistently executing key technical and tactical skills under pressure. This includes gate starts, optimal track lines, effective positional changes, pacing strategies, Madison technique, accurate lap counting and scoreboard awareness, and maintaining an aerodynamic position for the full duration of Individual Pursuit (IP) and Team Pursuit (TP) events	Compete successfully at a high level in international competition by maximising the resources available and consistently executing key technical and tactical skills under pressure. This includes gate starts, optimal track lines, effective positional changes, pacing strategies, Madison technique, accurate lap counting and scoreboard awareness, and maintaining an aerodynamic position for the full duration of Individual Pursuit (IP) and Team Pursuit (TP) events
Physical Attributes	Development of general endurance and strength in conjunction with maturation stages (puberty).	Building aerobic capacity (increased riding volume), emphasis on speed and strength /power development.	Developing maximal aerobic capacity and power and all components of anaerobic fitness including strength development on and off the bike. 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.	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)
	Track Endurance Specific Character Traits include patience, purpose, self/team regulation, tactical intelligence, collective performance				
Sport Sampling	Multi-Sport	Multi-Sport and/or Multi-Discipline	Multi-Discipline	Multi-Discipline	Multi-Discipline
UCI Point Requirements	N/A	N/A	N/A	3 tier UCI points qualification towards Olympic qualification (World Cup, World Championships, Olympics)	3 tier UCI points qualification towards Olympic qualification (World Cup, World Championships, Olympics)
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	Accredited Personal coach, SIS/SAS Coach, National Coach and pro team coach	Pro Team Coach and/or National Team Coach
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 regular periods of recovery.	600-700 annual training hours with track specific intensity blocks for key competitions. Typical training weeks will reach up to 15-20 hrs of various training (Road, Track, MTB, CX, gym, etc...)	700+ annual training hours with track specific intensity blocks (pre-season camps, Worlds or Olympic staging camps)	700+ annual training hours with track specific intensity blocks (pre season camps, Worlds or Olympic staging camps).
Skill Development Requirements	Access to indoor and outdoor tracks, weekly race series	Access to indoor and outdoor tracks, weekly race series	Access to indoor tracks, variation in competition level exposure (state to international level - road and track)	Access to indoor tracks, variation in competition level exposure (national & increasing international level - road and track)	Access to indoor tracks with a focus on strategic international competitions (road and track)
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 general physical conditioning 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 Foundation of bike set up 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 analysis (Tactical) SIA Education Requirements Registered Testing Pool (RTP), Whereabouts Fully independent living Specialised recovery practices Sponsor and stakeholder management Social media management/personal branding Concussion education/awareness Education, employment support (AWE) Performance health and hygiene habits Sports Psych - Performance specific Understanding of AusCycling selection policies	**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	Skill and track-based physiological and performance assessments, baseline concussion assessments (at riders discretion)	Track, road and lab based performance assessments, advanced skill assessment (Madison + TP), baseline 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	Club, State, National and International	National and International	National and 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.	Technical and tactical execution under pressure at international events. Mastery of understanding race and equipment regulations.	Mastery of technical and tactical performance through event specialisation.
# of competitions (domestic and international)	Weekly club events in season, plus 10-20 state/national race days across road, MTB, CX and track	Weekly club events in season, plus 15-25 state/ national race days across road, MTB, CX and track	30 - 50 starts inclusive of club, state, national racing and 15-25 UCI race days across road, track	30-50 race days (Road) 10-20 race days (Track)	30-50 race days (Road) 10-20 race days (Track)
Cross Discipline Elements	Sampling of other cycling disciplines.	Skill refinement and increased competition across disciplines	Learn to manage cross discipline planning and execution. High level of transferable skills displayed across road and track.	Specialisation in track and road planning and execution, with the ability to align and integrate both disciplines to deliver at a significantly higher level.	Specialisation in track and road planning and execution, with the ability to align and integrate both disciplines to deliver at a significantly higher level.

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.