Track Sprint

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	Sprint positioning Following the wheel in Team Sprint Fundamental bike handling skills (one-handed, balance, look-back, standing, stopping, starting, braking). Introduction to gate starts Decision making, attacks Pacing Strategies: Sprint (build up) Positioning in sprints, explore tactical skills, line selection introductions. Positioning in final sprint/finish.	Sprint positioning redefined and adjusted Pacing strategies in sprint events Introduction to gate starts Staying relaxed on the bike in a bunch When/where to move up in the sprint Developing, executing and debriefing a race plan (Team Sprint or Keirin) Ability to read race, tactical skills and positioning body and bike at speed Learn self and opponents strengths, weaknesses and style Understanding of sprint racing tactical requirements (Sprint, Team Sprint, Keirin, etc) Line selections for entry into sprint lane or sprint competitions, more advanced methods	SKILLS TRAINING Assess basic curriculum skills to establish athlete needs Embed core components skills: balance, coordination, spatial awareness, handling, moving with an opponent, vision, gap management and track craft Coach led exercises with increased feedback, cueing and questioning as intro to athlete led decision making Full coached and debriefed experience Build complex tasks from simple components Mistakes encouraged to explore physical and technical limits, solutions are coach driven Refining gate technique	PRESSURE TRAINING Skills evolve into race simulation drills-observations and acceleration efforts Race simulation with RAC efforts, running at a wheel Mix of set and dynamic efforts (Team Sprint vs Sprint/ Keirin efforts) Chain of consequences; linking multiple steps of skill development Transitioning from coach to athlete led problem solving including constraint based learning (on task drills, TS or Sprint) Technique, fitness, skills, mindset and decision making to develop robust, adaptable skills that translate to real world performance demands	PRESSURE TESTING Skills expressed through racing moments Rehearsals/trials for Team Sprint and race simulation or events Coach facilitates athlete debriefs, offering observations leading to athlete led problem solving, including review and reset within the performance Athlete is now building coping skills and ability to make decisions under pressure Highly developed motor skills with low complex choice reaction time and efficient short term memory
Physical Attributes	Development of general endurance and strength in conjunction with maturation stages (puberty). Restricted gear (90) used for racing with smaller gears also used for training	Building anaerobic capacity Increasing overall workload through continuation of multi-disciplinary approach Developing S&C movement literacy and competency (preventing injury through good technique) Restricted gear (90) used for racing and some small gears variation above and below for training and in preparing for transition to U19	Capable of complex free weights and machine supported heavy lifts (injury free) Movement control of high quality prime movers exercises Track cycling skills enabling the introduction of maximal force at various cadences (0-150 rpm) Ability to accumulate training volume across road, track, S&C and other means to support fitness required for multiple race/days competitions Race gearing is generally between 90 and 120 and training gears vary above and below race gears to allow strength and coordination training.	Capable of complex free weights and machine supported heavy lifts (injury free) Movement control of high quality prime movers exercises Track cycling skills enabling the consistent expression of maximal force at various cadences (0-150 rpm) Capability to maintain a volume of track, S&C and other training that supports slow, consistent progression of advanced neural patterns and performance parameters Race gearing increases towards 92-130 Women/92 - 140 Men with gear variation above and below race geras for strength and coordination training.	Ability to perform heavy / powerlifts (Injury free) at world class level within a periodised structure Movement control of high quality prime movers exercises Track cycling skills enabling the immediate expression of PB level performances when fresh Capability to maintain a volume of high quality track, S&C and other training that supports slow, consistent progression of advanced neural patterns and PB level performance parameters Racing gears range from 96-130 Women/96-140 Men and training gears reach maximal ability for both coordination and strength
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 Sprint Specific Character Traits include courage, decisiveness, assertiveness, tactical creativity/race craft, committment				
Sport Sampling	Multi-Sport	Multi-Sport and/or Multi-Discipline	Multi-Discipline	Specialised (All Events)	Event(s) specialised
UCI Point Requirements	N/A	N/A	N/A	N/A	UCI points requirements for World Cups, World Championships and Olympics
PERFORMANCE ENVIRONMENT					
Coaching Support	Coach, Club program and/or Development Academy	Accredited coach, club program and/or Development Academy	Accredited coach, SIS/SAS Coach to co-develop an IAPP and prioritised seasonal race calendar.	Accredited coach, SIS/SAS Coach, National Coach	National Coach
Physical Development - Training load and structure	8-12 hours physical activity per week including riding, general physical conditioning, other sports (school) or cycling disciplines. >8hrs of physical activity per week requires at least one full day of recovery per week	10-16 hours per week including riding, running and gym with periods of recovery Up to 2 track sessions/week Up to 2 gym sessions/week	Weekly : Up to 3 Track sessions (12-28 efforts), 6-9 hrs Up to 3 S&C sessions (125-200 lifts), 4-6 hrs 2-4 hrs other training 12-20 hrs total	Weekly : 2-3 Track sessions (12-24 efforts) 6-9 hrs 2-3 S&C sessions (150/250 lifts) 4-7 hrs 2-4 hrs other training 15-20 hrs total	Weekly : 2-4 Track sessions (12-24 efforts) 6-12 hrs 3-4 S&C sessions (160-260 lifts) 9-12 hrs 1-4 hrs other training 16-22 hrs total
Skill Development Requirements	Access to indoor and outdoor velodromes, weekly race series	Access to indoor and outdoor velodromes, weekly race series	Access to indoor and outdoor velodromes, S&C and national events	Access to indoor and outdoor velodromes, S&C, national and international events	Access to indoor and outdoor velodromes, S&C, national and international events including World Cups, World Championships, CG and OG
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, tyre pressures 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, tyre pressure 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 analysis (Technical) Performance health and hygiene habits Mechanical ability to set and maintain bike in training and racing Stretching and S&C Established recovery practices Advanced meal planning - nutrition adapted for training cycles Travel arrangements (including booking of flights, accommodation, S&C facilities) 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 Education, employment support (AWE) Optimised bike fit Understanding of AusCycling selection policies Sports Psych - General principles	**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) Understanding of AusCycling selection policies Performance health and hygiene habits Sports Psych - Performance specific Understanding of AusCycling Selection Policy	**Mastery** Advanced performance analysis (Tactical and strategic) SIA Requirements - Whereabouts Access to all performance services Understanding of AusCycling Selection Policy
Performance Monitoring	Skill assessment, timed efforts and events.	Skill and field-based physiological assessments, baseline concussion assessments (at riders discretion). Timed efforts and events.	Track times, power/force/cadence/velocity monitoring S&C testing Lab testing Concussion baseline test	Track times, power/force/cadence/velocity monitoring S&C testing Lab testing Aero testing Concussion monitoring	Track times, power/force/cadence/velocity monitoring S&C testing Lab testing Aero testing Concussion monitoring
COMPETITION					
Key Levels of Competitions	Club and state level racing	Club, State and National	State, National and introduction to international competitions	State, National and International races	National, International races including GPs, World Cups, World Championships, CG and Olympics
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.	Competent and confident in all technical/tactical areas. Competent understanding of race and equipment regulations.	Technical and tactical execution under pressure at international events. Mastery of understanding race and equipment regulations.	Confidence and ability to autonomously transition technical and tactical ability to Elite.
# of competitions (domestic and international)	Weekly club events in season, 10-20 state/national race days across all disciplines	Weekly club events in season, 20-25 state/national race days across all disciplines	20 - 30 starts (Track)	15- 20 starts (Track)	10-20 starts (Track)
Cross Discipline Elements	Sampling of other cycling disciplines (CX, XCO, Road and BMX Racing) for skill development and enjoyment	Continued sampling of other cycling disciplines (CX, XCO, Road and BMX Racing) for skill development and enjoyment	Ability to race on track, BMX and Road	Road (Training only) and Track	Road (Training only) and Track

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.