

## BMX Racing Training Schedule and Expectations

As we continue to develop the Action and Acceleration Centre of Excellence (AACoE) in Brisbane, it is important to establish a regular and consistent training schedule in SE QLD between the Gold Coast and Brisbane. Additionally, our vision for a world-class high-performance training environment for BMX Race requires professional training standards, expectations, and high-performance behaviours. This document will outline scheduled training sessions that includes policy on external, non-categorised training partners joining AusCycling training sessions, social media and media engagement allotted sessions, and rider expectations.

### Scheduled Training Sessions

We understand that not all riders are based in Brisbane and will not always be using the facilities, however it is important to establish a consistent weekly training schedule to help with planning your training. The table below details the session days, times, and who is eligible to attend the sessions.

	Monday	Wednesday	Friday
AM	<b>Sleeman SX Track</b> Invited international & non-categorised athletes		<b>Sleeman SX Track</b> Invited international & non-categorised athletes Invited videographers, photographers, & media
PM	<b>Chandler QAS Gym</b> Categorised athletes	<b>Carrara/Nerang Gym &amp; Sprint</b> Categorised athletes	<b>Chandler QAS Gym</b> Categorised athletes

This weekly training schedule is designed based on best practice evidence that allows appropriate recovery and adaptation between sessions. Additional Sleeman training sessions can be requested **7 days in advance** to Luke Madill or Toby Edwards and may be granted under exceptional circumstances.

### Non-Categorised Training Partners

We recognise that training partners are an essential part of your development and want to accommodate this where it can be demonstrated that training partners clearly add value to the environment and their presence is not detrimental to other athletes. Non-categorised Australian and international riders are required to seek approval from Luke Madill or Toby Edwards at least **7 days in advance** with proof of rider insurance (*AusCycling Membership for Australian Riders, and Proof of Insurance for international riders*). This allows

enough time to communicate these plans to other riders and ensures that AusCycling categorised riders have the opportunity for focused, closed sessions without external interference.

Please see Training Partner information at the bottom of this document.

### **Social Media Filming, Invited Photographers, Media**

We acknowledge that social media, sponsors, and media engagement are a valuable part of an athlete's career and therefore AusCycling have nominated a specific day for videographers, photographers, and media to attend sessions. This includes all external (sponsors, media, friends) and internal (athletes) filming or photography. External filming or photographers can attend the Friday session upon request to Luke Madill or Toby Edwards at least **7 days in advance**. Similarly to the above, this allows us time to communicate these plans to the wider athlete group and ensures that sessions remain focused and distraction-free for you and your teammates.

### **Program Expectations**

As AusCycling and QAS categorised athletes, you can expect a dedicated commitment to your development from both the coaches and performance support staff. We are committed to collaboratively creating and maintaining a high-performance learning environment, fostering a culture of excellence, respect, and mutual support. This environment includes access to specialised resources, expert coaching, and comprehensive performance support tailored to your individual athlete performance plan. Within training sessions, you will receive support and performance feedback including but not limited to timing analysis and video review to help with your training. Finally, we promise prompt and clear communication regarding scheduling, updates, and all essential information to keep you well-informed.

### **Athlete Expectations**

As high-performance, professional athletes, it is expected that you demonstrate high-performance, professional behaviours. This begins with proactively developing and communicating a thoroughly planned training and racing schedule to Toby Edwards, Luke Madill, and the performance support team. This ensures that the AACoE can best support you and your goals. It is also expected that you arrive promptly to all scheduled training sessions, meetings, and events to ensure you are fully prepared and can contribute to a focused and productive training environment.

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## BMX Race National Training Partners

### Overview

The BMX Race National training centre is a high-performance training environment for AusCycling categorised riders. We recognise that training partners are an essential part of a rider's development and are excited to offer training partner opportunities to Australian and International **elite** riders who can clearly add value and positively impact the training environment.

### Training Partner Process

1. Training partners will be invited by an AusCycling Coach or staff member.
2. Obtain approval from AusCycling staff and discuss training options.
3. Submit the following required documentation.
  - a. Australian riders
    - i. Proof of current AusCycling membership
  - b. International riders
    - i. Sign an AusCycling waiver form
    - ii. Proof of Insurance

### Additional Information

- Training partners must wear appropriate attire (shoes, helmet, long sleeve shirt, pants) and adhere to venue rules to ensure the safety of all participants.
- Coaching services are not available to training partners. However, timing feedback can be provided upon request.

**We look forward to welcoming you as a training partner and enhancing the BMX experience for all**