



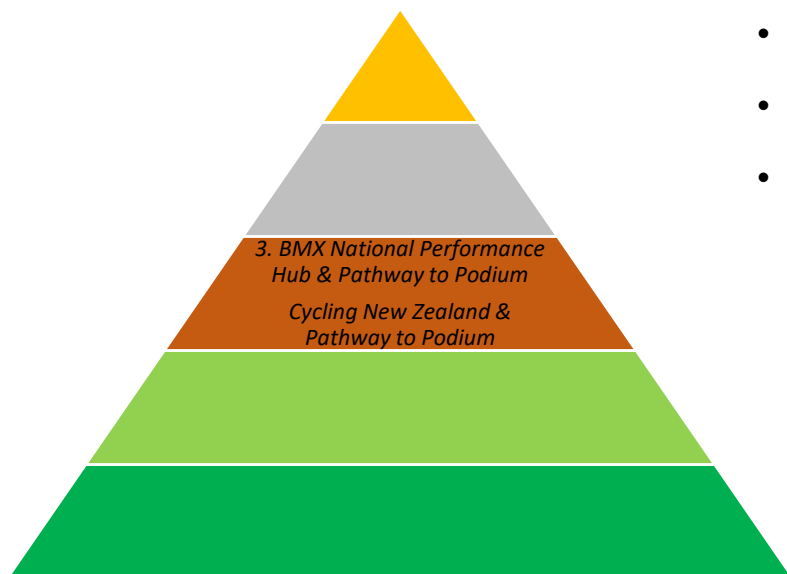
**BMX NATIONAL
PERFORMANCE HUB**

**2019 CYCLING NEW ZEALAND
BMX NATIONAL PERFORMANCE HUB**



BMX NATIONAL PERFORMANCE HUB – CYCLING NEW ZEALAND

ESTABLISHMENT OF NATIONAL BMX HUB: WHAT IS THE HUB?



- **Established:**
The Cycling New Zealand National BMX Hub was launched in May 2018
- **Goals:**
To enable riders to take the next development step. To enable athletes to lay foundations while gaining knowledge and understanding what will be required of them when entering a high performance system, program/space.
- **Age Targeted:**
UCI 15 – UCI 19 (understanding that landscapes change and move)
- **Space Capacity:**
10-15 rider's total
- **Resources delivered:**
 - Compulsory:**
 - Workshop attendance (Nutrition, performance psychology, social media etc.)
 - School holiday training camps
 - Individual performance plans (IPP)
 - Testing data both in the gym and on the track
 - 2 x BMX Track training sessions with the team (If Waikato based). If non Waikato based, these sessions are optional
 - Optional:**
 - BMX coach
 - Strength and Conditioning coach
 - Training Programs (Sprints, Track, Watt Bike, Gym)
 - International race attendance with the team
 - Attend 2 Gym sessions per week (Waikato based)
 - Gym membership fees subsidised up to \$300. Waikato based: Avantidrome, outside of Waikato, your choice.
 - Not supplied:**
 - Physio
 - Doctors/medical
 - One on one Nutrition, psych, athlete life.

UNDERSTANDING THE DEVELOPMENT SPACE:

With this area being created, multiple aspects will be accounted for within the development space. If one is to truly understand the development space, multiple factors need to be considered when inviting athletes to be a part of this program. As per the KPI/Identification process stated below, athletes are recognised on past/current results, performances, physical measures, professionalism, psychological measures, attitudes, positivity, tactical smarts and more. However, most importantly within a highly skilled pressure based sport such as BMX, skill acquisition is considered the MOST central KPI within this space; as skills along with tactical smarts, are the only true measure of importance.

PATIENCE

Further, research proves that athlete development happens over time and does not occur in the short term. Therefore to give an athlete an honest opportunity at their own development, 2-3 years focus is required. Imperative for consideration are athletes and or riders who have been through 2-3 years of current HPSNZ (P2P or carding), overseas and/or Hub style systems, where athlete development is at the forefront.

The overarching aspects to consider would be weather the rider is showing a rise in the above factors of athlete development? Is the rider engaged in the program? Is the rider developing towards positive international performances?

CONSIDERING LATER DEVELOPMENT

Within international racing, what needs to be highlighted is the transfer rate of which 15+ age groups transfer into junior championship classes, then into Elite championship classes by way of success and or result based performances.

For males, there are only 8 male and 10 female examples of riders who have had a significant success rate throughout their development on a world stage and into Elite. The question really remains, not considering the aforementioned riders, how many other riders have transferred through age groups outside of that? Hundreds, potentially thousands.

With females, this is a little different due to the smaller amount of numbers on a world stage. A higher successful transfer rate is seen through the age groups with their limiting factor being skill based. With this in mind, race performances are only a very small piece of the development puzzle.

RECOGNISING SKILLSET IMPORTANCE IN DEVELOPMENT

When highlighting BMX racing skills, what is known, is the skills needed such as jumping and manualing is crucial to one's performance. These skills among various others are on a slower development timeline than other aspects such as the physical component. Fundamental skills needed within BMX racing takes time, on average, between 4-5 years to develop, and another 1-2 years to master. Physical signs of improvement can be seen within 12 – 24 weeks of physical based training. While there are outliers, this is an expert agreed upon model. Therefore, BMX racing skills and tactics are critical aspects considered within development spaces.

BEHAVIOURS

If athletes are to transfer through development spaces into high performance structures within the sport, there are clear high levels of expectation when it comes to high ability and overall professionalism.

Within the development spaces, multiple levels of behaviours, standards and professionalism will be assessed and built in to allow the maturity level captured of 15+ to be moulded into best preparing them for high performance. Multiple factors can impact this but what is key, is the need to develop, maintain behaviours, standards and professionalism both on and off the bike and in one's competitive performance.

CONCLUSION

The traditional model of rider's race results and performances impacting rider inclusion into a structure or program such as the Cycling New Zealand National BMX Hub are only a very small weighting factor within this space. As highlighted, a development space is a loose system and a lot of unknowns come into the equation. What can be noted as impacting a rider's entry into such a space, is a rider's skillset, tactical ability, mind-set and an individual's stage of development within previous or current development spaces.

CONSIDERATIONS OF THE DEVELOPMENT SPACE:

Is this rider coachable?

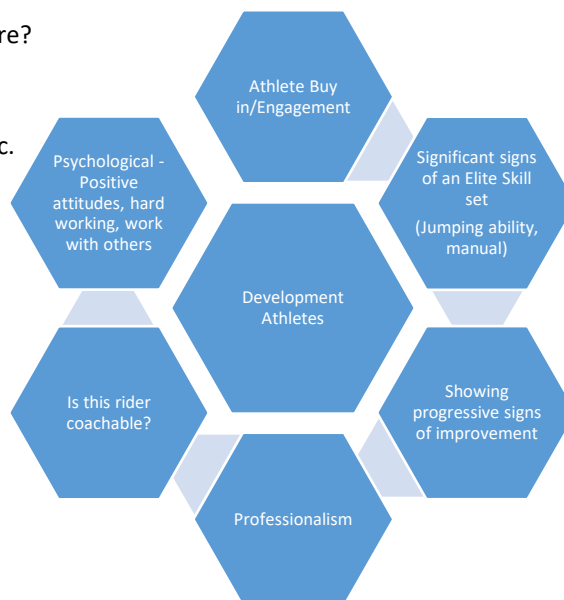
- Is the rider open minded to new/old approaches to training?
- Is the rider willing to push boundaries never been crossed before?
- Is the rider willing to continually be challenged in training both physically but most importantly skilfully week in week out
- jumping pro sections, first straights forwards and backwards etc.

Significant signs of an Elite skillset:

- Is the skill sets tracking and showing signs of an Elite level demands?
- Are they demonstrating large portions of prowess in:
 - o Pro sections?
 - o First straights?
 - o Jumping off the 8m hill?

Showing progressive signs of improvements:

- Is the rider progressing within training and performances both on and off the track?
- Is their skillset lifting?
- Are their physical numbers showing signs of improvement?



Athlete buy in/Engagement:

- Is the athlete buying into training sessions?
- Are they engaging in the program?
- Are they utilising the resources available to them?
- Are they engaging within the program? Are they invested in improving?

Psychological:

- Are they displaying a positive attitude?
- Do they work hard?
- Do they work with others knowing they race in an individual sport? Are they responsible?

Professionalism:

- Understanding that the development age within the sport is largely full of school students, are they willing to act professionally within the sport?
- Are they able to hold a standard within the sport to which is responsible?



ATHLETE ENTERING THE HUB WILL LOOK LIKE: KPI'S/IDENTIFICATION PROCESS



ATHLETES ENTERING THE HUB WILL LOOK LIKE:

TECHNICAL SKILLS

Male:

- * Jump Te Awamutu & Cambridge Pro sets consistently (5 times or more in a row)
- * Jump Cambridge & Te Awamutu first straights consistently (5 times or more in a row)
- * Jump Christchurch City Pro set and first Straight consistently (5 times or more in a row)
- * Jump North Avons first straight and third straight pro set consistently (5 times or more in a row)
- * Double/Triple/Quad Manuals
- * Display abilities to ride in packs and display skills under pressure
- * Display ability to jump all pro sets above in packs
- * Display the skills to manage laps jumping some jumps around a SX track (NH & ROT when built)

Female:

- * Jump Te Awamutus second amateur straight double (3rd jump) consistently (5 times or more in a row)
- * Jump Cambridge & Te Awamutus first & second jump consistently (5 times or more in a row)
- * Jump Christchurch Citys first and second straight consistently (5 times or more in a row)
- * Jump the first jump on a SX track off the 8m hill (10 times or more in a row)
- * Jumping through Cambridge third straight consistently (5 times or more in a row)
- * Jumping multiple jumps through Christchurch citys third straight consistently (5 times or more in a row)
- * Manual Te Awamutu, Cambridges first straight/second/Third straight jumps competently
- * Manual Christchurch citys 2nd/3rd straight competently

MENTAL CHARACTERISTICS

- * A clear desire/hunger to improve themselves on their bike
- * Positive and respectful
- * Team player
- * Engaged
- * Professionalism both on and off the bike (outside of sport is responsible)
- * Show signs of confidence within both jumping and manualing
- * Demonstrate coachability in day to day coaching environments

Important to note:

- In some cases, riders entering the program may or may not fully display the above aspects but will display the majority
- As stated above, environments change. With this evolution, new benchmarks will continue to develop and be created within this space.
- As shown clearly above, technical skills are of the utmost importance upon entering this space. As seen working through mental to physical and onto performances, the priority through each stage drops with performance's being of the least priority. Further, what is shown below of exiting the space, rider's performance becomes more of a priority and the technical skills are lower as the rider will display a greater skillset.
- Where multiple riders display all of the above attributes, the "understanding the development space" equation comes back into the forefront of consideration for invitations of riders into this program.
- Where a rider is unfortunate to miss out on being invited to train within this space, multiple options exist where the rider is able to develop, train and continue their progression with open invitations to hub training sessions within Christchurch and the Waikato.
- Environments

PHYSICAL ATTRIBUTES

Male:

- * Able to produce a lap time of 36.5 seconds or faster through both pro sets at Te Awamutu
- * Produce a top 6 finish within full laps consistently at Te Awamutu and/or Cambridge jumping through both pro sets
- * Benchmarking of all wattbike, sprint, jump, body weighted testing

Female:

- * Able to produce a lap time of 37 seconds or faster with producing skills on every jump in a lap at Te Awamutu.

PERFORMANCES

- * Showing signs of improvement with results on a regional and national stage
- * Have a strong focus on improving the skills and attributes to deliver future race performances

EXITING THE HUB WILL LOOK LIKE: KPIS/IDENTIFICATION PROCESS



ATHLETES EXITING HUB WILL LOOK LIKE:

TECHNICAL SKILLS

Male:

- * Complete consistent full laps of a SX track both in Time trials and in racing and or race simulation (NH, ROT, OVERSEAS SX TRACK)
- * Manual full straights
- * Pull manual jumps competently
- * Start technique allows full physical capacity to be produced
- * Confident to race/train/ride in packs through a SX Track jumping and manualing
- * Attack pro sets comfortably
- * Able to perform competitively on an Australasian track
- * Tactically control and understand the process of passing, racelines etc

Female:

- * Jump Te Awamutu and Cambridge whole second straight
- * Complete consistent full laps of a SX track both in Time trials and in racing and or race simulation (NH, ROT, OVERSEAS SX TRACK)
- * Jump Te Awamutu's & Cambridge first straight
- * Jump Christchurch City & North Avons first and second straight
- * Jumping every jump in Cambridge third straight and 3rd straight pro side
- * Tactically control and understand the process of passing, racelines etc* Manual Te Awamutu, Cambridges first straight/second/Third straight jumps full speed smoothly
- * Double manuals/Triple Manuals
- * Able to perform competitively skillset wise on a Australasian track

MENTAL CHARACTERISTICS

- * A clear desire/hunger to improve themselves on their bike
- * Positive
- * Team player
- * Engaged
- * Positive sportsmanship
- * Professionalism both on and off the bike (outside of sport is responsible)
- * Understand themselves and how they operate as an athlete and human being
- * Be able to implement routines both within training and in racing
- * Know their red flags and how to manage these
- * Be able to make pressured clear decisions on the track

PHYSICAL ATTRIBUTES

Male:

- * Able to produce a lap time under 32.5 seconds or faster through both pro sets at Te Awamutu
- * Benchmarking of all wattbike, sprint, jump, body weighted testing lifted significantly
- * Continuum of physical testing numbers increasing and developing on an upward curve

Female:

- * Able to produce a lap time of 36.5 seconds or faster with producing skills on every jump in a lap at Te Awamutu.
- * Benchmarking of all wattbike, sprint, jump, body weighted testing lifted significantly
- * Continuum of physical testing numbers increasing and developing on an upward curve

PERFORMANCES

- * Top 3 finishes within both New Zealand and Australia pinnacle competitions
- * Competitive on a world stage at World Championships within challenge classes
- * Top 8 finish within Championship junior class
- * Starting to perform within the top 64 on the World Cup Circuit
- * Able to deliver consistent performances!

Important to note:

- In some cases, riders may or may not fully display the above aspects but will display a large amount when exiting the program if rider chooses to engage fully. Further, riders will all be given equal opportunities to strive towards achieving the above if they choose to fully engage. Obviously what is known and stated above in the "understanding the development space" is that everyone develops and achieves differently. Performance wise, predictions cannot be made due to the stage of one's athlete life being the stage of adolescent where everyone is different and capable of different outcomes which needs to be considered and understood.
- Riders may exit the program due to KPIS not being met, contract obligations broken, unprofessional behaviour
- Riders may also exit the program due to program capacity being full and riders entering eligibility space showing significant development signs
- Riders are not capped to 'X' amount of years within this space as long as improvements and development are being seen. More importantly, riders are engaging, learning and invested within their future both professionally and performance based.