

11 March 2021

To the sport,

As we are on the eve of the BMX National Championships, we wanted to point your attention to some exciting things moving into this month and next for both coaches and athletes. Please see below information.

RIDERS:

UCI 15+ skill development Camp 23rd April – 25th April 2020 in the Waikato and BOP:

For those wanting to attend a 3 day skills camp with Cycling New Zealand BMX performance Hub head coach Matt Cameron, please register your interest on the link below. This camp will cover and break down all the skills within the sport and challenge riders to progress moving forward based upon technical and tactical areas.

<https://www.surveymonkey.com/r/XRY9XDY>

Schick Civil BMX Hub Applications for 2021/2022:

What is the Schick Civil BMX Hub:

BMX Hub - <https://www.cyclingnewzealand.nz/performance-hubs/bmx/>

BMX Hub overview and information - <https://www.cyclingnewzealand.nz/assets/CNZ/Development/Performance-Hub-Programme/2021Cycling-New-Zealand-National-BMX-Development-Hub-Progression-Plan-v2....pdf>

As per our last update, applications will be open this weekend from 15th March and close on the 12th of April. Previously, we have taken in UCI 15+, juniors and elite riders into this space. As we have been operating for 3 years now, evidence and experience means we are changing our approach somewhat and looking to slightly restructure the hub group to cater and offer for high end coaching and raw development coaching.

What does this mean? This means a larger group will come in this year as first years focused on skill development at the track and gym only, not high end coaching like what is currently provided for the BMX hub with more senior riders.

This will ensure we are pulling up those who are committed and need that little push in skill help to come up to what is required. Further, this will mean 16 year olds and 17+ ages will also be considered this year.

<https://www.surveymonkey.com/r/X7S3BCF>

COACHES:

UCI 15+ skill development Camp:

During the above camp in April we have an opportunity for coaches to watch and learn inside a skill based learning environment. This camp will be targeted at athlete's looking to develop their skills only and progress forward in that

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space. We have Ryan Hollows coming down to facilitate the learning on the 24th (Saturday) further to watch and help you learn inside this space as a coach. If this interests you, please fill out the below link:

<https://www.surveymonkey.com/r/ZSJ8KK6>

Internships:

We have advertised this in the past for coaches wanting to develop and work alongside our Hub coach, Matt Cameron to gain experience and learnings to which we will be offering again this year. Areas of learning you will explore:

- Season planning
- Session planning
- Training phase planning in all technical, tactical, physical and psychological areas
- Camp based planning
- Campaign planning
- One on one and group coaching
- Technical development (the hardest part to do in our sport)
- And much much more

If you are interested to know more or register, please either call Matt Cameron on this or fill out the form on the link below:

<https://www.surveymonkey.com/r/XQM6Z8M>

Any further questions, please do not hesitate to reach out.

Kind Regards,



Matt Cameron
National BMX Performance Development Hub Coach
Cycling New Zealand

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