



2020 – 2024 CYCLING NEW ZEALAND BMX PROGRAMME DISCUSSION

September, 2018

Contents

1. PREFACE	2
1.1. Scope	2
1.2. Overarching program goals.....	2
1.3. BMX National Cycling Performance programming	2
1.4. 2020 Tokyo Olympic preamble	2
1.5. 2024 Paris Olympic Focus	2
2. SYSTEM.....	3
2.1 Definition	3
2.2 Pathway.....	3
2.2.1 National Performance Hub	4
2.2.2 Elite Performance Hub	4
2.2.3 High Performance Programme	4
3. 2020 OLYMPIC PROGRAMMING	5
3.1 Tokyo 2020 qualification process	5
1. Path #1 - NOC country qualification	5
2. Path #2 - NOC individual qualification	6
3. Path #3 - 2019 World championship instant individual qualification	6
4. Overall view of events to be considered for qualification.....	6
5. 2024 OLYMPIC PROGRAMMING	7
5.1 What exists at present in the development space	7
1. Grassroots, Club and Regional Programmes.....	7
2. BMX Regional Development Programme	8
3. BMX National Performance Hub.....	8
4. Elite Performance Hub.....	8
5. High Performance Programme.....	8
5.2 Potential 2024 quadrennial landscape	9
6. CLOSING REMARKS	10

1. PREFACE

1.1. Scope

The general intent of this programme discussion document is to inform membership of the general philosophies and goals of Cycling New Zealand as it pertains to the national BMX programs. While some short term or long term objectives may change in time, when put up against both the domestic and international landscapes, it is the hope that this document brief may serve as a road map to better guide athletes, coaches, clubs and general membership in their decision making processes.

1.2. Overarching program goals

Since BMX Race has come onto the Olympic programme in 2008, New Zealand has always had some great performances at both the Olympics and at World Championships. One would conclude that these results are borne out of an already existing strong BMX culture in the country that is underpinned by the presence of dedicated coaches, parents, athletes and clubs.

At present, a cursory review of the BMX system in New Zealand would tend to conclude that there has been a slight drop in international performances in the last couple of years. This drop can be attributed to the fact that there may not have been strong enough development pillars set up in the country to continue to build and nurture talent in the days where there were numerous international performers. This phenomenon has led to a bit of a systemic vacuum.

Cycling New Zealand's goal, with the help of BMX New Zealand is to solidify the development foundation through the creation of the BMX HUB programs led by Matt Cameron; all the while continuing to support, to the best of CNZ's ability, the top performing international riders as they pursue their performance objectives.

Hence, it is CNZ's belief that through the newly implemented HUB programmes, New Zealand BMX over the next few years, will regain its rightful place on the world's stage.

1.3. BMX National Cycling Performance programming

While programming for athletes that have been selected to be part of the hub is outlined in other literature, the goal of the hub programme is clear. Through the creation of a world class development environment that is driven by the hub coach, athletes are given the tools necessary to continue to progress through the performance pathway.

1.4. 2020 Tokyo Olympic preamble

In March of 2018 the UCI published what they call the "Qualification System for the Games of the XXXII Olympiad- Tokyo 2020" (<https://bit.ly/2LAWCrT>). As each national cycling body's goal is to qualify and medal at Olympic Games, the publishing of the qualification process has prompted discussions on how best to reach the qualification and medal goals for Tokyo. This will be presented in more detail further in this document.

1.5. 2024 Paris Olympic Focus

At the moment of writing this programme outline, the only information available around the 2024 Paris Olympics is that the Games will be held in Paris. One could venture guesses as to

where the BMX Race venue will be but at this point the venue location is not of utmost importance.

As it pertains to New Zealand success at the Paris Olympics, there is a belief that there could be a wider cohort of athletes to choose from who have true medal chances. This belief comes from the fact that, if allowed to continue to grow, the HUB programs will produce a bigger batch of well rounded, internationally competitive athletes.

2. SYSTEM

2.1 Definition

Merriam-Webster dictionary defines a System being an organization forming a network especially for serving a common purpose. As it pertains to BMX in New Zealand it behoves Cycling New Zealand to put forward and articulate a pathway that will help all stakeholders contribute to reaching a common purpose, or goal.

The Pathway that is outlined in this section, at this point is merely a suggestion which for many will seem obvious but, for the sake of insuring that all are on the same page, needs to be identified and presented.

2.2 Pathway

More detail of the different tiers (HPH, DPH and NPH) will be given in sections further into this outline document. In essence though, the premise of creating these tiers is to eventually give riders an idea of where they are and where they can go. Futuristically a rider's placement into a certain tier will be based on certain metrics that can include but are not limited to age, skill levels, time to the kink, performances, physiological marker and results. For the time being though, it is important to keep in mind that some tiers presented in Fig 1. have not yet been developed. Fig 1. diagram is an ideal look of where Cycling New Zealand would like to be in the following years.

The intent in the coming months would be to build certain objective performance metrics which, through a selection committee, would determine a rider's placement into a tier. In some cases, while the presence into a certain tier, for the time being, may only be for bragging rights, the idea over time is to be able to integrate funding and certain services to athletes belonging to the tiers.

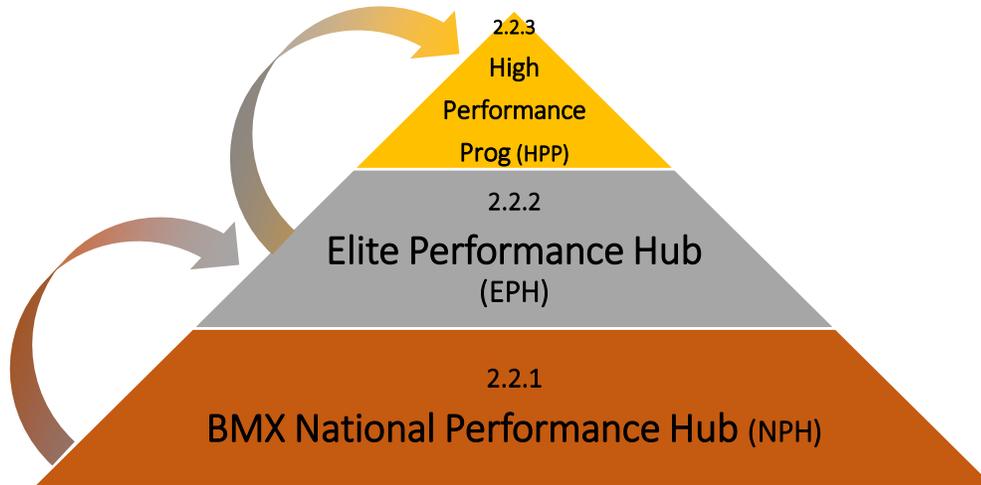


Fig. 1

2.2.1 National Performance Hub

Athletes that are invited to take part in the hub program would do so by demonstrating a certain amount of skills, tactics and physiological attributes.

2.2.2 Elite Performance Hub

Riders that are considered being part of the Development Performance Hub would be expected to, at a minimum, make semis at targeted, age and stage appropriate, C1 events as well as Continental Championships.

By definition athletes belonging to this performance hub should be working with a coach who is able to produce, in collaboration with the rider, a Yearly Training Program (YTP) and a mutually agreed upon Individual Performance Plan (IPP).

It would be correct to assume that athletes having met the aforementioned planning requirements and have finished at Oceania's or in C1 events in the top 12 positions would also be nominated by Cycling New Zealand for a HPSNZ Emerging Talent PEG (ETPEG).

2.2.3 High Performance Programme

Riders that are considered being part of the High Performance Hub would be expected to, at a minimum, make semis in major competitions like world cups, world championships and Olympic Games.

By definition athletes belonging to this performance hub should be working with a coach who is able to produce, in collaboration with the rider, a Yearly Training Program (YTP) and a mutually agreed upon Individual Performance Plan (IPP).

It would be correct to assume that athletes having met the aforementioned planning requirements and have finished at worlds or at the Olympic Games in the top 12 positions would also be nominated by Cycling New Zealand for a HPSNZ Performance Enhancement Grant (PEG).

3. 2020 OLYMPIC PROGRAMMING

3.1 Tokyo 2020 qualification process

As mentioned in section 1.1 of present discussion document, the UCI published in early 2018 the process by which National Olympic Committees can qualify BMX-Race spots for the upcoming Tokyo Olympic Games.

Based on the process and taking a very rational look at the New Zealand High Performance rider landscape, for this quadrennial at least, the conclusion is that there are more chances of qualification and a medal result on the women's front, compared to the men.

General qualification principles

Before presenting the general qualification principles, it is important to state that any wording or conditions mentioned in the official UCI qualification documentation takes precedence over what is mentioned in this document. For the actual, more in-depth qualification process, please click the following link: <https://bit.ly/2LAWCrT>

For a NOC to have any representation at the 2020 Olympics in BMX race there are three (3) paths that can lead to Olympic participation. The following enumeration is prioritized from most optimal way to qualify to the less optimal way to qualify. In addition, the qualification process is similar for females and males.

1. **Path #1** - NOC country qualification
(Period from September 1st, 2018 to June 1st, 2020)

Based on the calculating the UCI point's sum of the top three country riders over the course of the qualification period, a total of 18 riders per gender will qualify through this path*.

The top two (2) countries will see themselves being offered three (3) quota spots whereas countries ranked 3rd to 5th will be offered two (2) quota spots, and finally countries ranked 6th to 11th will be offered one** (1) spot.

It is also important to note that while nation's rankings are based on the best three (3) ranked riders per nation, spots are not nominative to the riders who have acquired the points, as it is up to the National Olympic Committee (NOC) to determine final selection to the Games. For New Zealand, the NZOC holds the rights to final selection.

**In each gender, should the host NOC (In this case it's Japan) already qualify through this path, the runner up NOC would be granted an NOC quota spot. The goal being to have 24 riders per gender in the competition*

***In order to ensure that Games remain globalized, should a continent not have any country qualify a spot, the best ranked country of that continent will be granted the 11th spot. If there a two continents not represented, then the last two spots out of eleven would be granted, etc.*

2. **Path #2** - NOC individual qualification
(Period from September 1st, 2018 to June 1st, 2020)

On June 2nd the UCI will grant one (1) spot per gender to the three (3) best riders from nations having not qualified through the NOC country qualification process (See Path #1 above). This spot determination will be based on rider individual ranking.

It is important to note that there is only one (1) rider per nation in this instance. It is also important to note that while the spot will be granted based on a rider's individual ranking, this spot is not nominative to that specific rider, as it is up to the National Olympic Committee (NOC) to determine final selection to the Games. For New Zealand, the NZOC holds the rights to final selection.

3. **Path #3** - 2019 World championship instant individual qualification

At the 2020 world championships in Houston, USA, the two (2) highest ranked riders per gender, coming from a country not yet qualified through the previous two paths, shall be granted a quota spot.

It is important to note that there is only one (1) rider per nation in this instance. It is also important to note that while the spot will be granted based on a rider's individual ranking, this spot is not nominative to that specific rider, as it is up to the National Olympic Committee (NOC) to determine final selection to the Games. For New Zealand, the NZOC holds the rights to final selection.

4. Overall view of events to be considered for qualification

The way by which points will be amassed to eventually make up the nations ranking differs from the Rio Olympic quadrennial in the way that the events are more prescribed and seem to put more emphasis on attaining results at World Cups, World Championships and Continental events over the course of the qualification period.

The following is a snapshot of the events that will be considered per rider, which will contribute to the nations ranking:

Table 1.

Type of event	% of events that count	UCI points per event (For the win)
World Championships	100% (2/2)	300
World Cups	63% (14/22)	150
Continental Championships	50% (1/2)	120
C1 events	7/x*	60
National Championships	100% (2019 count)	60
<i>*As C1 events have not been identified for 2019 and 2020, it is too early to know how many there actually are over the course of the whole qualification period.</i>		

5. 2024 OLYMPIC PROGRAMMING

To look at the 2024 Olympic programme there is a need to first take a look at the development programs that both BMX New Zealand and Cycling New Zealand have put on line in the last few years. Invariably the development programs presently running will be producing riders that will represent New Zealand at the Paris Games in 2024.

5.1 What exists at present in the development space

Through partnerships between BMX New Zealand and Cycling New Zealand many of the foundational development block are covered.

Fig 2. below outlines the different levels from Grassroots programming to HP programs and who between CNZ and BNZ are mainly responsible for the different programmes.

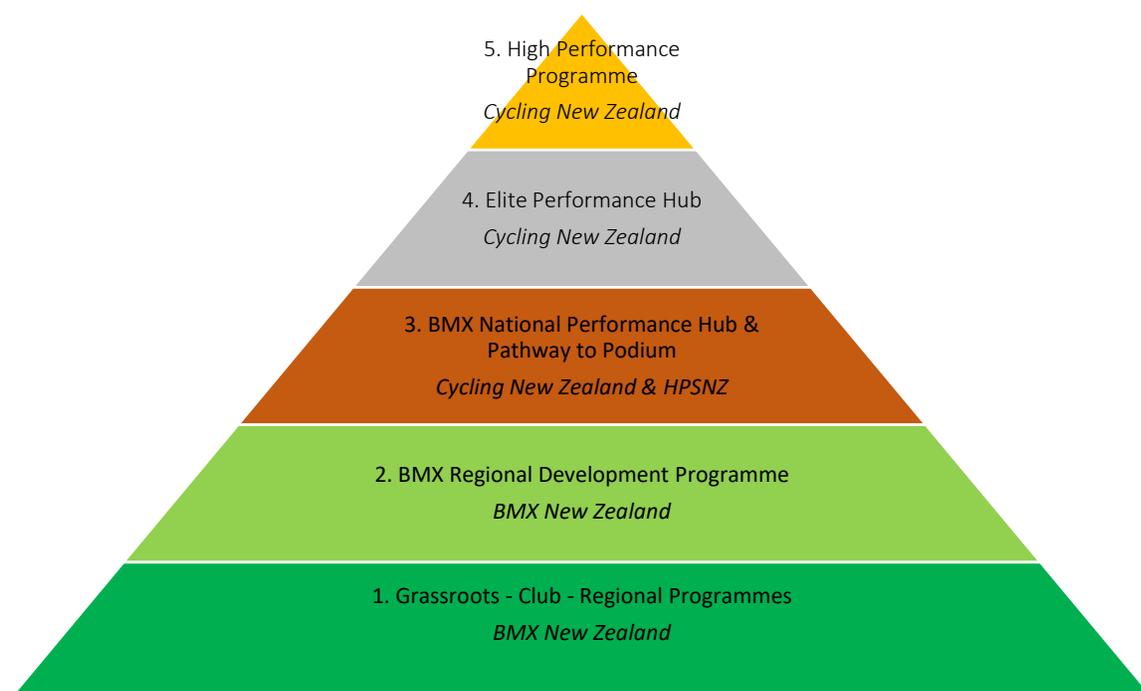


Fig 2.

1. Grassroots, Club and Regional Programmes
The main focus is technical acquisition

The base of the performance pyramid is one that is important as it is the foundation of any performance system. The foundation piece is very much one that is led and developed by BMX New Zealand.

Generally the age group is very young, from approximately 4 years of age. Kids learn to ride a bike at home or with local regional programmes and would either come to the clubs to participate or be delivered to the club via

the “learn to ride” programmes. Older riders starting the sport later in age fall into this level and will need basic skills.

2. BMX Regional Development Programme

The main focus is still Technical acquisition but with the introduction of tactics

The Regional Development Programme is the formal start into the pathway. The region will identify all riders and begin the skill levels needed to excel at regional and national level events.

3. BMX National Performance Hub

At this level other performance areas are introduced as well as maintaining tactical and technical components.

On the HPSNZ side of the equation, athletes selected to be part of the National Performance Hub will acquire tools that will develop their mental skills. Athletes will also learn more about nutrition and will be given tools to function more holistically as an athlete. This services offered by HPSNZ are more general services.

Specifically to BMX, athletes will benefit from a training environment that is supported by a hub coach. The athletes will see their tactical and technical abilities being fast tracked as with a coach present, they will be given instant feedback and advice. In addition, as the best riders are all training together (Best with the best), peer learning will bring the level up.

From a competition standpoint, riders will be introduced to C1 events that are catered to their level of competition.

4. Elite Performance Hub

Athletes graduating from the National Performance Hub will be invited to come into a programme that continues to promote group training but where the focus is shifting towards international competition.

Athlete’s boundaries will be pushed as they will be introduced to more C1 events that have a higher competitive profile, as well as being introduced to certain key world Cups that are perceived as aligning with the athlete’s international competition level.

5. High Performance Programme

At the High Performance Hub level, athletes are able to regularly qualify into semi-finals at C1’s, World Cups and World Championships.

While these athletes are liable to be coached by personal coaches, the intent is that there would be a BMX head coach insuring alignment of performance goals between personal coach and athlete.

Additionally, the BMX head coach would put only targeted training camps for all High Performance athletes, as well insuring proper athlete sport science and medicine services.

The athletes are in line for Olympic Performances.

5.2 Potential 2024 quadrennial landscape

By the time the 2024 Olympic quadrennial has started, it is anticipated that the cohort of riders coming from both the Elite Performance Hub and the High Performance Hub will be at a level to perform at the highest international levels.

Considering the International Olympic Committee (IOC) logic that an Olympic qualification period can only start two (2) years out from the Olympics, it would make sense to think that the focus in the two first years of the quad is to target events that continue to increase tactical and technical skills whilst inserting good training blocks that focus on interval training, gate starts and weight training.

When the Olympic qualification period comes around, it would be desirable to be in the same situation on both the men’s and women’s, as we are with the women in this present quadrennial ([See section 3.1.2](#)).

Having a BMX head coach working with the athletes in these two upper tier levels to coordinate training and competition strategies with athletes and personal coaches, if that is the case, will be of paramount importance.

Table 2.

2021	2022	2023	2024
Focus: - Skill honing - Tactical development through training and key racing opportunities (No points chasing) - Targeted strength training blocks - Targeted anaerobic and aerobic training	Focus: - Skill honing - Tactical development through training and key racing opportunities (No points chasing) - Targeted strength training blocks - Targeted anaerobic and aerobic training	Focus: - UCI points chase - See section 3.1.2	Focus: - UCI points chase - See section 3.1.2

6. CLOSING REMARKS

Cycling New Zealand, through partnership with BMX New Zealand, is striving to continue to build BMX in New Zealand. For some, it may look like the diminished programming at the top end of the pyramid is a sign of losing interest and focus; the reality is quite to the contrary.

Through the building of the cycling performance hub programs, it is Cycling New Zealand's firm belief that by getting the basics right, the performance pathway will be stronger over time. When the foundations are strong they stand the test of time and through hell and high water can continue to build champions on and off the bike.

While for many, the Olympics may be the pinnacle event of a BMX rider's career, in order to reach the summit, there is a need to properly prepare athletes using adapted, stage appropriate, racing and training; guided by strong professional coaching.

This is what Cycling New Zealand, in collaboration with BMX New Zealand, is offering.