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**HIGH PERFORMANCE SQUAD  
INFORMATION AND APPLICATION  
2018-2019**

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**CLOSING DATE: 5pm Thursday 18 October 2018**

# **BMX Sports Western Australia State High Performance Program**

## **High Performance Squad Overview 2018-2019**

### **Purpose and Goals**

BMX Sports Western Australia is striving to build a structure for the development of High Performance athletes in Western Australia. By doing this, we will create pathways for our athletes to progress and have every chance of selection to the State Championship Team, the National Development Academy, National High Performance Program and Olympic representation. BMX Sports Western Australia therefore invites applications for the State High Performance Squad for 2018-2019.

### **Commitment**

BMX Sports Western Australia require each State High Performance squad member to make a firm commitment to BMXWA and will be required to sign a rider agreement stating this.

### **Financial Support**

BMX Sports Western Australia will appoint a State Coach to oversee the State High Performance Squad.

At interstate rounds, (subject to numbers attending) BMXWA will supply support for athletes in the form of a State Coach or Team Manager, shelter, esky and ice. Where possible exclusive track hire for squad members provided.

### **Travel**

Group travel is available to State Squad members to interstate events (subject to round selection) with duty of care offered in a chaperoned environment, allowing parents to save money and not have to attend themselves. If a member does require support in the form of shared transport or accommodation, BMXWA will aim to support the athletes (minimum numbers will be required). State Squad members are not required to travel or be accommodated with the coach, manager or group.

### **Uniform**

BMXWA will provide each athlete with a Squad Polo shirt. This uniform will be required to be worn at nominated times and travel to and from National events. Optional items are available at a cost to the athlete.

# BMX Sports Western Australia State High Performance Program

## High Performance Squad Criteria 2018-2019

BMX Sports Western Australia High Performance Squad is administrated by BMXWA. BMX Sports Western Australia will offer its athletes the opportunity to participate in the pathway to meet the criteria of the National body.

### Age Groups

The BMX Sports Western Australia High Performance Squad will be open to all West Australian athletes competing in the 17 – 18 Junior Men and Women and 19+ Elite Men and Women, to a maximum number of 24.

### Eligibility to be considered for selection:

Riders wishing to be considered for selection must:

- Be a current licensed Western Australian rider
- Be competing at an Elite level
- Compete in the Western Australian State Championships
- Compete in Western Australian Super Series events (where practicable)
- Intention to compete in a minimum of 2 (two) Interstate Junior Men/ Women or Elite Men/ Women at National Series
- Intention to compete in the BMX Australia National Championships in 2019

All squad selections are subject to the athlete conforming to rules and guidelines as required by BMX Sports Western Australia. **Athletes failing to comply will be removed.**

The Coach/Team Manager, in consultation with the Chief Executive Officer, Board of Directors and selectors, has the discretion to make additions to the squad at any time, and also to remove athletes at any time.

### Primary Objective

The primary objective in 2018-2019 season is to support athletes with a demonstrated ability to deliver medal-winning performances at National Series and BMX Australia National Championships.

### Selection

Selection will be based on rankings in the following events in 20" classes from 2018:

- WA State Championships (1-3)
- National Championships (1-8)
- National Series Rounds (1-8)
- World Championships (1-16)

\*\* Note: An Invitation Category (invitation to select training sessions only) has been introduced for athletes that may meet the criteria by gaining results but did not attend required training or events last season (SUBJECT TO COACH/BMXWA DISCRETION)

\*The BMXWA Board may in some circumstances consider riders times from each of the events to rank riders where riders have failed to make finals. (Selectors discretion)

Results gained from the above events will form the basis for selection.

Only results in 20" classes will be considered.

The selectors, in consultation with the Board of BMX Sports Western Australia reserves the right to not fill advertised numbers for an age group if it is determined that there are insufficient athletes of the required standard.

### **Athlete /Parent Commitment**

Athletes accepting a position on the State High Performance Squad will commit to the following:

- Athletes will be required to sign an Athlete agreement
- Attend agreed interstate events
- Attend training sessions as outlined by BMX Sports Western Australia
- Attend testing sessions as outlined by BMX Sports Western Australia
- Attend meetings as required by BMX Sports Western Australia
- Show a commitment towards their own development
- Approach all training and testing sessions with enthusiasm
- Keep an up to date training record as and when required
- Respond to ALL communications by BMX Sports Western Australia, State Coach or Team Manager in a timely and polite manner.
- Must have full intentions of competing at a minimum of 2 (two) rounds of the 2018 National series and National Championships.
- Required to wear BMXWA State Squad polo when travelling
- Adhere to BMXWA "Code of Conduct"
- Abide by World Anti-Doping Agency (WADA) and the Australian Sports Anti-Doping Authority (ASADA) policies.

Athletes must commit fully to a program of preparation and training which may include residential camps, track sessions, strength and conditioning advice, and educational lectures as directed by BMX Sports Western Australia.

### **Benefits of Selection to the State High Performance Squad**

There are many benefits associated with selection to the State Squad. These benefits may be adjusted at the discretion of the Board of BMX Sports Western Australia.

- Access to structured training and programs
- Development through performance testing & data collection
- Opportunity for access to sport specific pathways (FTEM pathway)
- Educational lectures where appropriate (eg: strength and conditioning, nutrition, psychology)
- Consideration for selection to the State Championship Team to represent Western Australia at the National Championships
- Subsidised State Squad Polo shirt
- Recognition within the State, of selection to the State High Performance Squad
- Possible invitation to National Training camps/sessions
- Group travel to Interstate events with duty of care offered in a chaperoned environment, allowing parents to save money and not have to attend themselves.
- Exclusive track sessions at National Series & National Championships (where possible)
- Support at National Series & National Championships by State Coach or Team Manager
- Tent shelter, ice and water supplied
- Invitation to State Training Camps
- Exclusive access to Department of Sport & Recreation grants for Interstate and Regional travel (where applicable)
- Assistance with fundraising

**Further Notes**

- Prior to receiving any benefits Athletes accepting selection to the State High Performance Squad will be required to complete a Rider Agreement Form, and sign a Code of Conduct.
- All selections made by BMXWA will be FINAL and no correspondence will be entered into regarding selection or process.
- Selectors, State Coach or Team Manager in consultation with the Board of BMX Sports Western Australia may remove an athlete if the Rider Agreement or Code of Conduct is breached or performance is below expectation.

**Successful Applicants**

Successful athletes for inclusion in the High Performance Squad will be contacted by the office of BMX Sports Western Australia with a letter of invitation at which time further details will be provided.

**Criteria Changes**

This selection criteria is subject to change at the discretion of the Board of BMX Sports Western Australia.

## Expectations of Athletes when becoming a part of the High Performance Squad

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### Bike

- Be able to pack and build their bike for travel.
- General bike maintenance, so it is in good working order and clean. The bike should be clean when they turn up to every session.
- Changing a flat tyre or replacing a chain.

### Nutrition

- Be able to shop and prepare food for Breakfast, Lunch and Dinner and bring food for pre and post training or racing when required.
- Be able to choose the correct healthy foods by reading food labels.
- Be educated on what foods to purchase if only fast food options are available.
- The understanding that it is not necessary for supplements when food can give you all that you need for the majority of athletes. Supplement's only to be recommended by nutritionist or doctors.
- The importance of hydration and the replacement of electrolytes.

### Warm up

- Making sure the riders have an understanding on dynamic warm ups for training and competition.
- Learning ways that best suit them as a routine before competition.

### Recovery

- Hydration , Nutrition, Stretching , Self Massage, Compression Garments

### Psychology

- How to set SMART goals, so the riders can challenge themselves.
- Designing a success routine for racing.
- How to deal with every day stress and competition anxiety

### Team

- Be on time for all activities that are listed, departure times, training, practice, racing, meals.
- Act and look like a team.

### Training

- Preparation.
- Sprint drills – Standing start, Deadman start, Rolling Start, Max speed.
- Track drills – Structure efforts – Gates, ½ laps etc.
- Skills – Gates, jumping, cornering, tactics.
- Gym – core booklet, main whole body lifts
- Recovery
- Self-analysing/ self-monitoring / self-evaluation

## APPLICATION for 2018-2019 BMXWA State High Performance Squad

### Athlete Details

I, \_\_\_\_\_ Date of Birth \_\_\_\_\_

Of \_\_\_\_\_ BMX Club \_\_\_\_\_

BMX Licence Number \_\_\_\_\_

Wish to be considered for the 2018-2019 BMXWA State high performance squad

### Contact Details

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Phone Mobile \_\_\_\_\_

Home \_\_\_\_\_

Email \_\_\_\_\_

### Results list as per criteria: (list all results gained if more than one event)

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### Please indicate the events you plan to participate at during the 2019 season

National Series Stage 1 Sydney, NSW 16/17 February Yes  No

National Series Stage 2 (UCI) Westside, WA 2/3 March Yes  No

National Series Stage 3 (UCI) Ipswich, QLD 13/14 April Yes  No

National Series Stage 4 (UCI) Sat City, NT 29 June Yes  No

National Series Stage 5 The Cove, SA 24 August Yes  No

National Series Stage 6 TBC, TAS 21 September	Yes <input type="checkbox"/>	No <input type="checkbox"/>
National Series Stage 7 TBC	Yes <input type="checkbox"/>	No <input type="checkbox"/>
National Championships Shepparton 2018	Yes <input type="checkbox"/>	No <input type="checkbox"/>

**Declaration:**

I (rider) \_\_\_\_\_ will abide by  
BMXWA and BMXA rules, policies and directions at all times.

I (rider) \_\_\_\_\_, do/do not  
consent to my image being used for BMXWA promotional activity.

I agree to accept the consequences of any breaches and do not hold BMXWA or BMXA  
liable for any accident or injury.

Signed (rider) \_\_\_\_\_ Date: \_\_\_\_\_

Signed (parent if rider under 18yrs) \_\_\_\_\_ Date: \_\_\_\_\_

**RETURN APPLICATION:**

Email: [bmx@bmxsportswa.com.au](mailto:bmx@bmxsportswa.com.au) or

Post: BMXWA P.O. Box 1387, West Leederville WA 6901

**(RETURN BY 5pm Thursday 18 October 2018)**