



SELECTION GUIDELINES

- BMX Queensland High Performance Program
- BMX Queensland State Development Squad

1. BMX Queensland High Performance Program

The BMX Queensland High Performance Program (BMXQ HPP) is administered by BMX Queensland (BMXQ) with support from the Queensland Academy of Sport (QAS) and Cycling Queensland (CQ). The aim of the BMXQ HPP is to offer riders a developmental pathway to meet the criteria of the National BMX Australia High Performance Program / Teams.

The BMXQ HPP will operate on two levels in 2014:

1. QAS Scholarship Athlete (Junior & Senior Elite)
 - Athletes must meet the necessary criteria set by QAS and the BMXA HPP
 - Athletes must be approved and endorsed by QAS, BMXA HPP and BMXQ
2. Athlete (15 – 16 years of age)
 - Athletes must meet the benchmarks in the following performance areas:
 1. Results
 2. Physical
 3. Technical
 4. Tactical
 5. Mental

Please note: Benchmarks may vary each season to reflect the progression of the sport.

The BMXQ High Performance Program will include:

- Personalised training program
- Weekly coaching support & tracking via online portal
- Regular benchmark testing
- Potential invitations to participate in BMXA HPP training sessions subject to endorsement by the BMXA HPP
- Race kit
- Coaching and event day assistance at National Series and National Championships

2. BMX Queensland State Development Squad

The Queensland State Squad is administered by BMXQ. Each rider will be managed in their respective zone and may work with their personal coach or zone coach.

BMX Queensland may select up to four riders per male and female age category (14– 16 years of age the following year). Riders must meet the following results criteria in the prior year:

1. 1st – 8th World Championships
2. 1st – 3rd Australian Championships
3. 1st – 3rd National Series
4. 1st Queensland Championships

BMX Queensland may select the following riders at the discretion of the State Coaching Staff.

1. 4th – 8th Australian Championships
2. 4th – 8th National Series
3. Junior & Senior Elite riders that demonstrate the ability to place 1st – 8th at National events

The BMX Queensland State Development Squad Program will include:

- Training program provided by State coaching staff
- Recommendations of week to week training under the supervision of zone coaching staff or personal coach.
- Monthly feedback from the State coaching staff via online portal
- Two benchmark testing sessions to be facilitated by zone coaching staff
- Race jersey

Athlete Requirements – BMXQ High Performance Program and State Development Squads

At all times whilst the athlete is part of the BMXQ High Performance Program or State Development Squads he/she will be required to:

- (a) Take out and maintain the appropriate BMX membership.
- (b) Cover the cost of participation in the sport including (but not limited to) competition and/or entry fees, travel and the purchasing and maintenance of equipment (except to the extent that any financial assistance provided from BMXQ as detailed above).
- (c) Abide by all required Anti-Doping rules, procedures and policies as set down by the World Anti-Doping Agency (WADA) and the Australian Sports Anti-Doping Authority (ASADA).
- (d) Acknowledge and agree to:
 - i. Work towards the attainment of your full potential by demonstrating desire, consistency and self-discipline towards your sporting career;
 - ii. Maintain personal habits of health and behavior that are conducive to sporting excellence and as requested by BMXQ staff and coaches;
 - iii. Abide by the rules, regulations and policies of BMXQ, BMXA and the Union Cycliste Internationale (UCI);
 - iv. Maintain effective communication with the BMXQ coaching staff as required in regards to issues that may affect your sporting performance.