



# GOLD COAST ACADEMY OF SPORT

## 2020 BMX PROGRAM

### INTRODUCTION

The Gold Coast Academy of Sport (GCAS) is pleased to announce we are working with NERANG BMX Club to deliver a Program for boys and girls as we recover from COVID-19.

Athletes will be invited to participate in a development program incorporating both practical skills and personal development. This program is aimed at providing additional benefits outside of normal club and association trainings leading into the upcoming competition schedule.

The focus of training will be on individual skill development, basic fitness and an understanding of how different factors can help performance. In addition to the skills and fitness training there will be core educational sessions for the athletes to help themselves prepare off the field and grow on a personal level.

### ELIGIBILITY

There will be 2 groups for BMX Program – athletes (mixed groups of male and female) must be:

- Group 1 - aged between 7 and 11  
Group 2 – aged between 12 and 17
- A current financial member of a BMX club located within the Queensland Gold Coast region
- Aspiring to improve and learn.

### ATHLETE COMMITMENT

Athletes are accepted to the GCAS upon signing an athlete agreement to attend compulsory training / educational sessions as scheduled. Please do not apply if you are not committed to attending ALL sessions. Parents are also invited to attend all core sessions as learning is continued in the home (GCAS will be following restriction outlines regarding numbers at training).

The program will be conducted under strict COVID-19 guidelines and all athletes and parents are expected to follow these. Any questions must be forwarded to the program manager prior to commencement of the program.

### COST

A levy of **\$300** (incl. GST) is applicable to successful athletes and covers the full cost of participation in the program. This includes a uniform kit (including training jersey, polo, cap, number plate and other additional items), trainings and educational sessions.

### APPLICATION / SELECTION PROCESS

Applications close on 29<sup>th</sup> June 2020

Successful athletes to be announced via email on 1<sup>st</sup> July 2020

Final selection will be at the discretion of the coaches conducting the program.

If successful, the athlete must complete the participation agreement and medical form and pay the specified levy. All forms will be made available on the GCAS website.

[www.goldsport.com.au](http://www.goldsport.com.au).

### IMPORTANT DATES

**Applications Open:** 15<sup>th</sup> June 2020.

**Applications Close:** 29<sup>th</sup> June 2020

**GCAS Squad Announced:** Wed 1<sup>st</sup> July 2020

**Program Commences:** Monday 3<sup>rd</sup> August 2020  
Nerang BMX Club

**Training:** Monday 5pm – 7pm - 8 week program

### CONTACT / FURTHER INFORMATION

For further information please contact

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