

2023 BMX Academy Program

Time	Program Details	Venue
Applications Close Tuesday 29th August		
8th October Sunday Date – Sesion 1		Nerang BMX
1-1.30pm	Orientation – Hand out of uniform and booklet and Coach introduction Identification of rider goals	
1.30 – 2.35pm	BMX Etiquette (Dale) Track -TIMING and identification of areas to improve skill development (pumping, corning, jumping, manualing) (Coach led)	
<i>2.35-2.50pm</i>	<i>Snack / Refuel</i>	
2.50 - 3.30pm	Presentation/ Discussion Prep for Competition – Nutrition / rec / taper / travel / training diary (GCAS led)	
3.30 – 4.45	Track and Pump - Race awareness	
4.45 – 5.00pm	Coach and GCAS (Training diary and uses)	
15th October Sunday Date – Session 2		Nerang BMX
1-1.45pm	Bike Maintenance	
1.45 – 2. 45pm	Track time & Race plan and tactics Lane and tactics / From Heats to final – what to think about	
<i>2.45-3pm</i>	<i>Snack / Refuel</i>	
3.00- 3.35pm	Sports Psychology – Mental preparation and performing under pressure	
3.40 – 5.00pm	Gates/ Sprints/ Pro Straights	
22nd October Sunday Date – Session 3		Nerang BMX
1-1.30pm	Sports Sponsorship & Personal branding	
1.45 – 2. 45pm	Track and Pump - Visualisation / race simulation What to consider at Nationals for racing.	
<i>2.45-3pm</i>	<i>Snack / Refuel</i>	
3.00- 3.40pm	Guest Speaker	
3.40 – 5.00pm	TIMING & final track and pump (Coach)	

Coaches: Dale Percy & Craig Graham

3-Week intense preparation for National Championships 31st October -5th November

Age:

10+ Performance group

8-14 years Community Group (athletes starting in BMX/wanting to improve basic technique and skill)

Program Includes:

BMX Jersey, Workbook / Diary – Appropriate to level of performance – community and performance
Include questions on Sleep / Recovery / Practice training runs / Tactics / Bike Maintenance

Awards Night – Racv Royal Pines October 2023 (Date and Time TBC)
Parents and coaches of all athletes involved are welcome to attend all session