2026 BMX ACADEMY PROGRAM
BMX Track State Championships Prep

DAY 1	SUNDAY 30TH AUGUST
9.00 -9.20am	Orientation & Welcome – Aus Cycling Rider development principles Coach Introduction (BMX Etiquette & expectations) Riders receive jersey & sports journal Identification of Riders Goals
9.20- 10.20am	Riders VALD Testing – Left / Right leg jump test Track – Initial TIMING over track and identification of areas to improve skill development (pumping, corning, jumping, manualing)
10.20-10.35am	*Snack / Refuel*
10.35 -11am	Body maintenance & Recovery
11 -12pm	Track and Pump - Race awareness
12-12.40pm	*Lunch / BBQ*
12:40- 1:10pm	Bike Maintenance – The importance
1:10 – 2pm	Track time & Race plan and tactics Lane and tactics / From Heats to final – what to think about
2:00-2:15pm	*Break/ Refuel*
2:15-3pm	Track Warm down & diary reflection

DAY 2	SUNDAY 6th September
9:00-10am	Track and Pump - Visualisation / race simulation What to consider at for State Champs. How did the pros do it at worlds?
10:00-10:20am	*Snack / Refuel*
10:20-11am	Competition Prep - Nutrition, recovery, taper Sports
11:00-12pm	On Track - Gates/ Sprints / Pro Straights / specialist areas that are highlighted from coaches.
12:00-12:40pm	*Lunch/BBQ*
12:40- 1:20pm	Sports Psychology – Progress needs a plan / Mental preparation and performing under pressure (Worlds reflection)
1:20-2:20pm	Track time to home in on areas that need attention. Final race simulations and Track Timing
2:20-3pm	Sponsorship & Personal branding Final discussion and talk leading into State championships

2-Day intense preparation for BMX Track State Championships

Program Details

The program above will be tailored to support riders in all facets of their development, and this will be the chance to get ahead, for the State Championships.

Ages: 12+ (Riders under the age of 12 are welcome to submit an application however a supporting letter from your coach is required)
Cost: $295
Location: Logan City BMX Club
Coaches: Glenn Codgea (Advance BMX Coach), Mellisa Codega (Foundation BMX Coach)

Participants will receive a BMX Academy training jersey, Academy Sports Journal, expert on-track coaching from elite BMX coaches, and access to engaging educational presentations delivered by professionals in their respective fields.

Parents and coaches are encouraged to attend and participate in all sessions, providing a valuable opportunity to learn alongside athletes and gain insights into athlete development both on and off the track.