



Cycling**CANADA****Cyclisme**

2013-2014 BMX PROGRAM

WRITTEN BY KEN COOLS – NATIONAL BMX COACH

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PLEASE NOTE: ALL PROGRAMMING IS SUBJECT TO CHANGE

This document is to provide a review of the 2013 season and also give insight on National Team planning for the upcoming BMX season. It is important to note that programming may change at any time due to financial circumstances, staffing, changes to the international BMX calendar, etc. We are currently waiting to get some confirmed information from the UCI that could change the race plan slightly.



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1.0 New Beginnings

The 2013 season marked the start of a solid High Performance BMX program in Canada with an experienced full-time coach and a group of athletes that completely committed themselves into the team. The main objective of the year was to set up a program that created a high performance environment and support system that would grow athletes to be ready to compete at an international level, the structure and culture that was implemented into the program has done just that. Athletes now have the support system and direction it takes to help achieve their goal, to one day compete at the Olympics. We now have a centralized program in the Vancouver area with a group of 8-10 athletes training together six days a week, fuelling their ultimate goal. The BMX program started with a clean slate at the beginning of the year with many different objectives and goals over the course of the year. These goals and objectives were:

- Setting up a High Performance team and establishing a High Performance Daily Training Environment (DTE) while shifting athlete's attitudes and actions into the culture of performance.
- Establish our team Vision – To be the best in the world!
- Training and developing each athlete through sessions on the BMX track. Building bigger engines with the help of a good Strength and Conditioning program and the implementation of a sprinting program that would increase the speed and acceleration of each athlete.
- Incorporating a strong nutritional and supplementation plan that will run parallel with training programs to achieve maximum outcomes in training.
- Running scheduled track practice sessions on Ridge Meadows BMX, Abbotsford SX track and other BMX tracks through out the Vancouver area. These sessions had a strong structure to them with goals and outcomes that were established at the beginning of each practice. This has increased the level of intensity amongst the riders on a daily occurrence, usually which they would only get in competition.
- Face-to-face time with centralized athletes and coaches on a daily basis, which allows for solid coach/athlete relationship that will become the basis of a solid working relationship. This also allows the athletes an opportunity to plan with coach what they need to work on as gaps in performance are easily identified.
- Incorporating a Sports Psychologist into the team to work with all athletes. BMX is a very mental sport, which can and will be the deciding factor in performance. Setting up mental toughness skills, personal organization and pre-competition routines will be important for success.
- Developing an Individual Performance Plan (IPP) for each athlete and also as a team. Find out where the gaps in performance are and then work towards eliminating these with a good plan of racing and training prescriptions.
- Begin benchmarking each athlete. Put the team through a battery of tests that will give us data to work with. Once established these numbers will allow us to track the progression of each athlete and to see if training prescriptions are working.
- Establish the support crew that will be needed for 2016 Olympics. It will be crucial for athletes to have a GREAT working relationship with all support staff and for all support staff to know what their roles are. Clarity of roles amongst support staff who are efficient at their roles is important so athletes will have a sense of trust and respect with support staff.



- Opening up training sessions to any Canadian athlete who is at least 14 years old and who comes to training with the right attitude. A small number took advantage of this but would like to see more in the future.

2.0 High Performance and Talent ID Camps in 2013

High Performance Training Camps: At the beginning of the year the plan was to have several camps based in Abbotsford that were placed a couple of months apart. We had our first camp in February and invited 27 athletes from around B.C. and Alberta that were both on the National team and also development riders. This was held at the Abbotsford indoor track and training sessions were also held at Simon Fraser University (SFU). This camp went great as it was the introduction for everyone to the new structure of the team and established the platform of how the team was to be run and what was to be expected from each of the athletes. At this time all athletes were introduced to the support staff, training methods and the team culture began to plant its roots. After this camp the realization that the main core of athletes had centralized to the Vancouver area and the need to have continuous camps was no longer there as the athletes (core riders) were getting what they needed to be successful without having a full-on camp. Each day contains one or two training sessions, which is the same amount of training that was being done in a camp.

The only international camp that we did was in Murrieta, California, in May, which was capped off with a USABMX competition in Bakersfield, California. Doing a U.S.-based camp brought the athletes to tracks where other top BMX athletes are based, including most Olympic riders. This camp was also a success as it established where each of the athletes were currently performing and showed the gaps in their performance. We did a 10-day trip, which was the limit on the length of time we could stay on the road as the training performance of each athlete is more efficient when they are at home.

The decision to eliminate numerous smaller camps allowed the team to hold a larger scale camp in September leading into the Chula Vista World Cup. The out-of-town national team athletes stayed together in a house that was rented by Cycling Canada. Running a large camp also enabled the invitation of international riders from New Zealand, Australia and Thailand join to help increase the level of competition in the training group. Amanda Carr who is a U.S.-based Thai rider and top-ranked Elite female stayed in the house with the Alberta riders. Having someone of her calibre was the greatest thing that has happened to the women on the team and really set the bar for how athletes should conduct themselves on and off the track. This was a huge success and every athlete gained from this time together. It also allowed the support staff to work the group as a whole on a daily base, which had a more significant overall effect. Adam Muys, who has the most insight into the athletes with his past experience, was team manager/mechanic. We had cooking and nutrition sessions with Emma McCrudden our nutritionist, recovery and injury treatment from Jenn Turner the team chiropractor/physiotherapist, strength and conditioning sessions at SFU with Kit Wong and mental training sessions with sport psychologist Roger Friesen. Roger took this to the next level and invited his University psychology students to training sessions where they mimicked media and asked each athlete a series of questions that were meant to get them thinking and shake them up before time trial sessions. These were valuable lessons that would not have worked outside of the camp environment and since we had a 3-week schedule, we were able to do a series of sessions.

Talent ID Camps: Over the course of the year three talent ID camps were held in B.C., Alberta and Quebec. In each case the provincial coaches were asked to invite the top 14- to 18-year-old athletes to a camp that was held by the national coach. During this time each athlete was evaluated and during this process the up-and-coming talent



in Canada has been identified. The National Coach has also evaluated athletes at competitions that have been held in Canada and the future is looking very bright for BMX in Canada, as there is a large talent pool of athletes coming up.

3.0 High Performance Competitions 2013

The objective for this year was to get the team to as many USABMX races as possible so that athletes could get the experience of racing the top pros on normal BMX tracks. The reason for this was to build better BMX racers who can then translate those lessons learned over to the SX tracks. As a team we did not do SX events this year other than Chula Vista as in the past most athletes were spending lots of money to get to the events only to sit on the sideline watching racing because they did not make it through time trials. When we go to USABMX races the athletes are guaranteed to get lots of practice and two days of racing where they could learn from the experience and have minor victories along the way building their self-confidence and mental robustness. In order to get as many riders to as many races as possible this year the budget was put towards housing, staffing and vehicles. The program took care of these areas and the athletes were responsible for airfare, entry fees and food. We also got away from hotels as much as we could, renting houses when possible which accommodated the whole team together at a lower cost. This also gave us the kitchen facilities where we could be in control of what the athletes ate at an lower overall cost compared to eating out all of the time. During the competitions themselves many strategies and rules to function by were put into place that would ultimately lead to the athletes' success. Having a solid plan for competitions led the athletes to learn what their own pre-race routine was and how they could get the best performance they were capable of.

The pinnacle event for the National team was the Chula Visa SX event in September, which was a great success. We brought nine athletes to the event and six of them qualified thru the time trials, the most that have ever been able to do this at a World Cup. At a SX event the top-64 in time trials move on to racing and outside of the six athletes that qualified two athletes finished 65th and 69th, both of them making mistakes on the track and with clean laps we would have had eight out of nine athletes who entered the event qualify.

Tory Nyhaug was the only athlete to compete in the Manchester SX event, which he finished with a solid second place. Tory also went on to finish fifth in Elite men at the World Championships in New Zealand and finished off the year with a second-place finish at the final SX event in Chula Vista. It was a great year for Tory even though he battled injuries.

International UCI events:

- UCI SX I – Manchester Great Britain - April 18-20, 2013
- World Championships – Auckland New Zealand July 23-25, 2013
- UCI SX VI - Chula Vista USA - September 25-27, 2013

Domestic Race Schedule:

- CANBMX Chilliwack BC – May 10-12, 2013
- Canada Cup #1 Coteau Du Lac QC - July 13, 2013
- Canada Cup #2 Coteau Du Lac QC - July 14, 2013
- Canadian BMX Championships St. Albert AB - August 23-24 2013
- Canada Cup #3 St Albert AB - August 25 2013



- Canada Cup #4 Abbotsford BC – August 31, 2013
- Canada Cup #5 Abbotsford BC – September 1, 2013
- CANBMX Chilliwack BC – October 11-13, 2013

USABMX Race Schedule:

- Redmond Oregon - April 12-14, 2013
- Bakersfield California – May 3-5, 2013
- Nashville Tennessee - May 31-June 2, 2013
- Salt Lake City Utah – June 7-9, 2013
- Pittsburgh Pennsylvania – July 5-7, 2013
- Orlando Florida – October 25-27, 2013

4.0 High Performance BMX team objectives for 2014

The objectives of the 2013-14 program will be:

- Review the program that was delivered in 2013. Continue to do what went well and make adjustments to the areas that need improving.
- To enhance our athletes daily training environment (DTE) with the use of IST team.
- Further establish our High Performance culture as a team.
- Review IPP's for each athlete and update as needed.
- Continue to introduce developing athletes into international competitions.
- Maximize the number of UCI points in order to qualify for World Championships, which is the event that offers the most points towards the Olympics.
- Training is the focus from November 2013 to March 2014 with a heavy block of training in the gym to ensure athletes are physically prepared and capable of performing on the international stage.
- Qualification points for the 2016 Olympics in Rio de Janeiro, Brazil, will begin at some point this year, which is still to be determined by the UCI. The World Championships and World Cup events will have the most points available to be earned for Olympic Qualification so our athletes need to be proficient at racing on SX tracks, these will be the events that are going to be focused on. The team will be competing at every UCI SX event in 2014.
- The Abbotsford SX track will be the main facility to train on when weather permits, as this type of track will be what is used at World Cup SX and World Championships.
- Experimenting with different training phases and blocks with each of the athletes and track gains with use of sports scientists.
- Having the IST team come to as many World Cup events as possible will be important for the team to work in harmony when under stress.
- Incorporate the use of sports scientists and data collection on and off the track. This will allow us to understand the positive and negative effects on training on each athlete. Having a good sport scientist working with the team to give us what WE want and not someone who is telling us what THEY want. This person is in place with Luisa Giles.
- Stay healthy and WIN RACES.



2014 BMX COMPETITION AND CAMP CALENDAR

March 11-23	Pre-season warm weather camp	Murrieta CA
April 4-6	USABMX – UCI/PRO	Desoto TX
April 18-21	UCI BMX SX WORLD CUP	Manchester GBR
May 9-11	UCI BMX SX WORLD CUP	Papendaal NED
May 9-11	CANBMX	Chilliwack BC
May 13-16	World Championships Selection Camp*	Abbotsford BC
May 31-June 8	Pre-Germany SX camp	Abbotsford BC
June 12-13	UCI BMX SX WORLD CUP	Berlin GER
July 10-18	Pre-World Championship Camp	Abbotsford BC
July 23-27	UCI BMX World Championships	Rotterdam NED
Aug. 1-3	Canada Cup	Drummondville QC
Aug. 22-24	Canada Cup	St. Albert AB
Aug. 29-31	Canada Cup	Abbotsford BC
Sept. 5-7	UCI BMX SX WORLD CUP	Santiago del Estero ARG
Sept. 15-22	Pre-Chula Vista SX Camp	Abbotsford BC
Sept. 25-27	UCI BMX SX WORLD CUP	Chula Vista CA
Oct. 3-5	Canadian BMX Championships	Toronto ON
Oct. 10-12	CANBMX	Chilliwack BC

** All Canadian Junior and Senior Elite athletes are invited to this camp*

5.0 Junior Development Program (JDP)

**This program is not confirmed at this point due to funding support needed to run.*

In 2014 Cycling Canada is looking to start a Junior Development program (JDP) if the proper funding source can be found. This program will serve as a pathway from Provincial team to the National team and help prepare young athletes by offering them the tools to better themselves and become high-performance athletes. The goal of the program would be to identify, support and grow our talent pool for the National Team. Since this would be a new program and there is a current gap for athletes who are not performing well enough for National Team selection, athletes 14-20 years of age (born 1994 to 2000) will be invited to attend Talent ID camps that will be set up in each province. We will be looking to select a team of male and female athletes ages 14 to 16 (born 1998 to 2000). Older athletes that have passed the age but do show potential can earn support for national team programs.

Currently Cycling Canada is working to establish the support for a coach to run the logistics, planning and management of the JDP program but the program will be developed and designed by national coach Ken Cools. The plan would be to hold and run camps in each province with a minimal entry cost for each athlete. The payment for the camps will fund the travel and expenses for the coaches and staff along with resources that would be distributed to the athletes. Any excess funds will be used in JDP team projects and each year a campaign to a USABMX race would be planned for those athletes who have excelled and proven themselves over the year. This program will be required to stand alone in its funding. There will be a need to work with Provincial teams to align programs and create pathway to the National Team. Thru this process there will be opportunity for provincial coaches to learn from National team coaches on how to design, run and coach training sessions.



2-year plan for JDP:

Year 1:

- Host ID camps in each province
- Develop selections for team
- Develop training programs for targeted athletes
- Include the JDP athletes in National team training camps

Year 2:

- Have selected group of athletes 14-16 years of age (1999 to 2001)
- Continue limited training support for 17+ athletes
- Continue talent ID, through Canada Cup series and ID camps.
- Include the JDP athletes in National team training camps

6.0 Selection for International Events & BMX Training Camps

The selection criteria for BMX training camps and international projects and events will be posted online at <http://www.cyclingcanada.ca/bmx/national-team/program/>

Specific camp and application details will be made available closer to the start dates.

7.0 Selection for 2014 World Championships

2014 World Championships - Rotterdam Netherlands – July 22-27, 2014

For Men Elite, Women Elite, Men Juniors and Women Juniors, the maximum number of riders for each nation is determined on the basis of the UCI classification by nation on Dec. 31 of the preceding season. Each federation shall be permitted to enter two reserves in each category. The UCI ranking by nations for the World Championships is calculated by adding the points scored by the three best-placed riders of each nation for men (Junior and Elite separate), and by the two best-placed riders of each nation for women (Junior and Elite separate). In addition to the nations qualified through the UCI BMX Nations Ranking, the following riders will also be qualified for the Elite world championships:

- Top-16 Men Elite in the UCI BMX Individual World Ranking on Dec. 31 of the preceding season.
- Top-8 Women Elite in the UCI BMX Individual World Ranking on Dec. 31 of the preceding season.

These riders are automatically qualified for the world championships and cannot be replaced by another rider. The following points were updated on Dec. 10, 2013, and unless the UCI changes the rules this is how it will look:



Class	Nation Ranking	Country	Spots Qualified
Elite Men	Place		
	7	COLOMBIA	
	8	CANADA	5
	9	BRAZIL	
Elite Women	Place		
	18	NEW ZEALAND	
	19	CANADA	1
	18	RUSSIA	
Junior Men	Place		
	17	SWITZERLAND	
	18	CANADA	2
	19	GREAT BRITIAN	
Junior Women	Place		
	8	FRANCE	
	9	CANADA	1
	11	JAPAN	
Tory Nyhaug	Place	Top 16 ranked athletes will get an automatic spot at World Championships.	
	World Ranking #6		1
Total number of Canadian athletes qualified for World Championships			10

There will be a World Championships selection camp that will be held on the Abbotsford SX track on May 13-16, 2014 (this date is to be confirmed). The camp will be run over four days, which will allow athletes to prove themselves to selectors on a SX track which will be the style of track used for Elite level athletes in Rotterdam Holland. The camp will be designed with a series of races, time trial laps, drills and performance data tests, which will have a point weighting system developed so that the best athletes will be chosen to represent Canada at the World Championships.

8.0 Conclusion

Overall I am very happy with how the year has rolled out and what we have developed for the BMX team. It was very much a development year for the National team and an exciting task for me to build a program from the ground up.

Over the years I have envisioned how a high performance team should be structured and how it needs to be run, starting with a clean slate and athletes who are excited to be part of the program enabled me to put my own vision of the team into fruition. A year ago there was no program in place for the group of athletes on the national team and now it has become a fully functioning high performance program.

We have a centralized program in the Vancouver area with 8-10 athletes that train together six days a week. Monday/Wednesday/Friday we train together as a group at the Simon Fraser University (SFU) varsity gym, Tuesday/Thursday we get together for track session and on Sundays we do over-speed downhill sprints, which we have coined "Speed Sunday." On top of these sessions the team also rides dirt jumps and skate parks together and regularly visits a trampoline park to work on aerial awareness.

With all these training sessions, we have built a strong team culture over the year and all athletes are in line with the vision of being the best high-performance program in the world. We have a strong group of IST support and all providers are all very excited about the team and the athletes themselves have completely bought into the



program, as they understand that working within it will ultimately lead to their success. There is very much a team now and the athletes all feel like they have people who care about them and have people in place that allow them to becoming better athletes and this has led to each of them being very proud of being part of the team. This is evident from the performances over the year and as a whole they have done better then they have ever done in the past, which is a reflection of all the hard work they and the staff have put into the program. BRING ON 2014!

