



Cycling**CANADA****Cyclisme**

2016 BMX PROGRAM

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PLEASE NOTE: ALL PROGRAMMING IS SUBJECT TO CHANGE

This document is to provide a review of the 2015 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.

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1. 2015 Year in review

The current staff for the National team has now been working together for 3 years and is a strong component for the future success of the program. These members are as follows:

- Ken Cools – National Coach
- Adam Muys – Manager/Coach
- Kit Wong – Strength and Conditioning Coach
- Dr. Jennifer Turner – Chiropractor/Lead Medical
- Dr. Andre Lui – Team Doctor
- Roger Friesen – Sports Psychologist & Mental Performance specialist
- Joanna Irvine – Nutrition/Supplementation
- Matt Jensen – Sport Scientist
- Andrea Wooles – IST Manager
- Alex Iche – Sports therapist (Europe)

The following are a few highlights from the 2015 season:

- Continued development of the High Performance team and establishing a High Performance Daily Training Environment (DTE) while shifting athlete's attitudes and actions into the culture of performance.
- Working on 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.
- New SX track in Etobicoke ON
- Selection camp in March allowed all Canadian athletes to earn their spot on the team over a two-week camp that also got the team ready for competition season.
- A large contingent of Junior Elite athletes earning a spot on the team, reflecting the potential the National team currently has making a strong base of athletes for the future.
- Tory Nyhaug came back from a major injury to finish 7th in Argentina and placed 2nd in the final World Cup of the year in Rock Hill, South Carolina.
- Tory Nyhaug dominated the field at the PanAm Games taking the win in front of the home crowd.
- Alex Tougas finished as the top 17-year-old at all SX events and also top Junior Elite at some of these events as well. He was also the top 17-year-old in Junior Elite class in the World Championships time trial event.
- Daina Tuchscherer finishing 12th in Sweden: this was the highest placing by a Canadian Elite Woman since 2008.



- Staff – we have a great team and it is felt that we have it together compared to other countries. Our remote staff fits into the routine seamlessly.
- A revamped Abbotsford BMX track has given the team another really good training track at home that is in line with the technical level that the athletes compete on in international events.
- Olds Indoor has given Alberta riders a place to train over the winter period.

2. 2015 High Performance Competitions and Camps

March 7-18	Pre-Season Camp in Rockhill (USA)
March 20-22	Continental Championships (USA)
April 17-19	Manchester World Cup (GBR)
May 8-10	Papendal World Cup (NED)
July 9-11	PanAm Games Toronto (CAN)
July 20-26	2015 UCI BMX World Championships– Zolder (BEL)
August 14-16	Engelholm World Cup (SWE)
September 4-6	Santiago del Estero World Cup (ARG)
September 25-27	Rockhill World Cup (USA)
October 1-3	Rio Test Event (BRA)

Talent ID Camps: Over the year camps in BC, Alberta and Ontario were held by provincial coaches and also by the National team coaches when they were available. There has been good communication through this coaching network and all up-and-coming talent in the country has been identified. This process is never ending and continued camps will be held in the future.

3. 2016 High Performance Objectives

The objectives of the 2016 program will be:

- To review the program that was delivered in 2015. Continue to do what went well and make adjustments to the areas that need improving;
- To further establish our High Performance culture as a team;
- To develop athletes into top Elites through non-SX races. These races will be USABMX and Euro Rounds;
- To develop a training base in California;
- To designate the World Championships in Colombia as the pinnacle event of the season outside the Olympic Games;
- To focus on learning to win;
- To maximize the number of UCI points in order to qualify for World Championships (this event offers the most points towards the Olympic qualification);



- To ensure athletes are physically prepared and capable of performing on the international stage by placing the training focus on the October 2015-March 2016 period, with a heavy block of training in the gym;
- To stay healthy and WIN RACES;
- To establish a strong NextGen Program with clear communication between the coaches who run the program, the athletes who may one day be in the program and the rest of the BMX community.

2016 BMX National Team Competition Calendar

March 25-26	Santiago del Estero World Cup (ARG)
April 1-3	UEC BMX European Cup - Round 1&2 (BEL)
April 8-10	Manchester World Cup SX (GBR)
April 15-17	Valkenswaard UCI C1 1-DAY (NED)
April 22-24	Ahnatal UCI C1 2-DAY (GER)
April 29-May 1	Kampen UCI C1 2-DAY (NED)
May 6-8	Papendal World Cup SX (NED)
May 23-29	World Championships (COL)
Sept. 23-25	Rock Hill World Cup SX (USA)

4. 2016 National Team Camps

Feb 15-21	BMX NextGen Warm Weather Camp	Chula Vista (USA)
Feb 26-Mar 6	Pre-Season National Team Camp	Chula Vista (USA)
May 17-22	Pre-World Championships Camp	Abbotsford (CAN)
July 4-8	Toronto Camp	Toronto (CAN)
August 22-24	Pre-Nationals Camp	Calgary (CAN)

November/December: Milton Camp with Track Team

- Fitness-based camp that will begin off-season training to build solid aerobic base
- Train with Track Team (Coaches/Athletes) to learn lessons from their culture
- Different stimulus to keep minds active and potential introducing future track stars

Abbotsford Camps – run a number of camps through the year where we bring in athletes from outside the DTE and have focused weeks on technical components

5. NextGen Program and Camps

The BMX NextGen Program is designed for athletes aged 14-17 who pose the ability or the potential to obtain the ability to be a top Canadian Elite rider in Canada with the hopes of competing on the International stage in their development.



BMX Development Camps

The first two camps in both the East and in the West will be open to all athletes ages 14 (2002) -21 (1995) years of age. The final camp in each location will be for athletes selected to the 2017 NextGen team based on results at the 2016 Canada Cups and the previous camps (selection details to come).

West- Abbotsford

1. May 11-12 (open)
2. July 17-18 (open)
3. Sept. 10-11 (selected athletes)

East- Toronto

1. July 5-6 (open)
2. Aug. 11-12 (open)
3. Sept. 17-18 (selected athletes)