



## NextGen BMX Development Camps

The goal of the NextGen program is to develop athletes to be on the pathway to the National team and World Cup racing. Each camp will teach athletes proper warm up and recovery, focus on the SX hill and specific areas of the track, and test the athletes' abilities on and off the course.

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- completed
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)

## NextGen East Camp #1:

Dates: July 5-6

Coaches: Brendan Arnold- NextGen BMX Coach (East)  
Adam Muys – National Development Coach  
IST – CSIO

Camp Fee: \$125 for both days; \$75 for one day

Register: email Brendan Arnold: [brendan.arnold@ontariocycling.org](mailto:brendan.arnold@ontariocycling.org) (deadline to register July 3 at 5pm)

Camp Schedule:

### Tuesday July 5

Start	Finish	Training Schedule	Role
8am	9am	Warm Up (IST)	Sam
9am	10am	3rd Straight - Times	Brendan/Adam
10am	10.30am	Break	
10.30am	11.45am	8m Gate work with kink times	Adam/Brendan
11.45am	12.45pm	Lunch Break	
12.45pm	1.45pm	Mental Talk (IST)	Judy
1.45pm	3.30pm	2nd Straight Times with Am and Pro	Brendan/Adam

### Wednesday July 6

Start	Finish	Training Schedule	Role
8am	9am	Warm Up	Sam
9am	10am	3rd Straight - Times	Brendan/Adam
10am	10.30am	Break	
10.30am	11.45am	8m gate Work with hill times	Adam/Brendan
11.45am	12.45pm	Lunch Break	
12.45pm	1.45pm	2nd Straight work with Times	Brendan/Adam
1.45pm	2.15 pm	Break	
2.15pm	3pm	1 Lap TT	Brendan/Adam

**Qualifications for the West #3 and East #3 camps:**

- A podium placing at a Canada Cup in the Jr Devo, Junior or Elite Class
- 5 spots per camp will be Coaches selection from the NextGen Development camps

Athletes from East of Manitoba will be invited to the Toronto Selection camp, Athletes from Manitoba West will be invited to the Abbotsford selection Camp.

**Selection for the 2017 NextGen BMX program:**

At the selection camp athletes will be tested and evaluated.

Testing will include:

- Kink times
- First straight
- Complete lap time
- 10m, 25m, 50m Sprint times
- Skill testing

A maximum of 8 riders from East and 8 from West will make up NextGen Training Group.

Beginning in November of 2016 the NextGen team will meet monthly with the NextGen coaches. Each month the coaches and athletes will meet throughout the season for mini camps (3-7days). At the mini camp the athletes will spend time training on and off the track and meeting with IST personal.