



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 West Camp #2:

Dates: July 17-18

Coaches: Adam Muys – National Development Coach

Camp Fee: \$125

Register: email Adam Muys: adam.muys@cyclingcanada.ca

Tentative Camp Schedule:

Sunday July 17 3:00-3:30 Warm up
 3:30-7:00 Track session

Monday July 18 9:30-10:00 Warm up
 10:00-12:00 Track Session
 1:00- 2:00 IST Session
 2:00-4:30 Track Session

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.