

#BMXC Development structure

Group criteria:

Introduction to BMX

The session goal is for riders to familiarise themselves with the bike, track and general environment. Riders may ride in this session as many times as required.

The session will be mainly conducted away from the start hill and on flatter areas to cater to the ability of the group; with the aim being to get the riders to progress onto the Fundamental group.

- All participants must be competent cyclists and be able to ride unaided standing up for 50m.
- They should be appropriately dressed by wearing a long sleeve top, full length trousers and trainers.
- Will have completed a coaching consent form prior to taking part.

Fundamental (5 and over)

- Riders must be able to complete a lap of the track while standing and be unaided.
- Riders must be able to stop under control.

Core

- Complete and demonstrate an M Check.
- Stop under control.
- Show good pedalling technique.
- Correct cornering technique at all times.
- Lift the front wheel with the correct technique to progress to a manual.
- Confidently limbo with the hips over the back wheel and the arms straight.
- Pump from the second corner to the finish line with no pedals.
- Be able to jump the table top on second straight.
- Display "Pedals Level" where appropriate.
- Cover brake at all times.
- Have competed in a race meeting.

Advanced Development

The session is aimed at developing rider skills above and beyond RSR level riders to be competitive at national level and beyond. Riders must meet the following criteria to be invited into this session:

- Own bike and kit.
- Jump the last jump (step up) on second straight.
- Jump the step up in the third straight.
- Manuals on request.
- Good gate technique.
- 5m wheelie on flat ground.
- 5m manual on flat ground.
- 1m long bunnyhop on flat ground.
- 30cm high bunnyhop on flat ground.

Advanced development riders may use clip pedals.

RSR Criteria -2022 Race age 13, 14, 15 and 16

50m sprint	Boys 6.75secs	Girls 7.0 Secs
Wheelie	Boys 15m	Girls 8m
Manual	Boys 10m	Girls 5m
Bunny hop	Boys 40cm	Girls 30cm
Jump	Boys 2m	Girls 1m

All on flat pedals 10 metre run in to the 4 skills

NB: Considerations will be made in the cases of parent and child riders in groups with priority given to riders who meet the session goals. In these cases, parents with lesser skills may ride in the same group as their child for logistical reasons. Children may not ride up into their parents' session unless they meet the goals of that session.

Once a rider has met the criteria of a session, the coaching team will discuss additional development areas for a rider and how they will transition to the next group.