



BMX

2023 Program

Overview

Ontario Cycling's High Performance BMX structure differs from the other cycling sport disciplines. This is a result of the younger age for BMX athlete development and the current club/track format that exists in Ontario. Programming will work with a broad age-range, using camp-based touch points with aspiring younger athletes and more structured and comprehensive formats for athletes training towards international-level competition.

Ontario Cycling's BMX programming will consist of:

1. **Rising Stars Program**

- Camp opportunities to develop skills in a safe and positive training environment.
- Open to athletes 12-14 years of age

2. **Performance Program**

- Training opportunities to provide more structured learning and performance preparation for athletes working towards national and international-level competition.
- *Performance-based selection criteria, athletes 15 years old to U23

3. **BMX PAN AM Track Training**

- Gate and on-track training opportunities at the Pan Am BMX Track between May and August.
- Aimed to provide athletes 14-21 years of age with exposure to a supercross track while also providing an opportunity for the BMX community in Ontario to train together

4. **Team Ontario**

- Racing opportunities for athletes to represent Ontario in Team Ontario kit at select high-level competitions.
- *Performance-based selection criteria

5. **Ontario High Performance Sport Initiative (OHPSI)**

- Operated by Canadian Sport Institute Ontario, targeted athletes are supported through OHPSI. OHPSI is designed for athletes aspiring and tracking towards selection into Cycling Canada's Olympic or Paralympic programs.
- *Performance-based selection criteria

Please direct any questions related to the Ontario Cycling BMX Program to Amber Hutchinson – OC Technical lead (amber.hutchinson@ontariocycling.org)

BMX Rising Stars Program [targeted ages 12-14]

These one-day camps will provide an opportunity for both talent identification and skill development. Athletes will work on race skill fundamentals and develop an understanding of basic race tactics. Camps will build upon each other to help prepare athletes for the next step along the pathway.

Registration will be available closer to camp dates.

Tentative Schedule:

Date	Details	Location
January 27	Bike Handling and Pumping	JoyRide150
March 24	Bike Balance and Jump lines	JoyRide150
April 14	TBA	JoyRide150
May 20 TBD	Race Tactics and Starts	Pan Am Track, Etobicoke
June 10	Nationals Preparation Camp - Including Team Ontario Selection	Pan Am Track, Etobicoke

Performance Program [targeted ages 15 to U23]

The goal of this program is to help prepare and develop athletes for success at national level competition with the objective of progressing into National projects and programs. Camps are hosted by expert coaches and sport science practitioners in the fields of nutrition, strength and conditioning, and mental performance. Club and athlete personal coaches may also be invited to attend these camps.

Athletes are asked to complete the following application form for consideration to the BMX Performance Program by **Friday Jan 13, 2023**:

<https://forms.gle/pqCfjK3wt55YyXzB6>

Athlete Selection Criteria:

1. Top 5 result at 2022 Canadian BMX Championships
2. Top 5 result at 2022 Canada Cups
3. OHPSI Program athletes
4. Cycling Canada recommendation

Tentative Schedule:

Date	Details	Location
February 3-4	Performance Program Camp	JoyRide150 & Milton Velodrome
March 27 – April 3	Train & Race US Carolina Nationals	Rockhill
May - June May 6/13/20/27 & June 3/10/17/24	Performance Program DTE - May 6 th start date is tentative	PanAm Track, Etobicoke
June	Cycling Canada Advancement Camp TBD	PanAm Track, Etobicoke
June 10th	Nationals Preparation Camp - Including Team Ontario Selection	Pan Am Track, Etobicoke
July 1-2	Canadian BMX Championships	Drummondville, QC
July – August July 15/22/29 & August 5/12	Performance Program DTE	PanAm Track, Etobicoke

BMX PAN AM Track Program [targeted age 14-21]

Ontario Cycling will operate gate and on-track training opportunities at the Pan Am BMX Track between May and August. The intent is to provide athletes with exposure to a supercross track while also providing an opportunity for the BMX community in Ontario to train together. An Ontario Cycling coach will coordinate training activities in-consultation with coaches of the program athletes and encourage their involvement at the training sessions.

Team Ontario Representation

Ontario Cycling will select athletes to represent Team Ontario at the Canadian BMX Championships in the 14-15-16-17-18-U23 categories. Athletes will be provided a Team Ontario jersey. They will also receive on-site coaching/mechanical support.

Athlete selection criteria and application process will be posted in early 2023.

OHPSI Identified Athletes

The Ontario High Performance Sport Initiative [OHPSI] is a program administered by Ontario Cycling in partnership with the Canadian Sport Institute Ontario [CSIO]. The program provides targeted athletes with sport science services and subsidies for participation at selected camps, projects, and competitions. These athletes are targeted for having world championship qualification potential and specific preparation or qualification competitions will be arranged solely for these athletes. No application is required as athletes will be automatically qualified for based on past performance and be contacted by Ontario Cycling staff directly.

OHPSI Athlete Selection Criteria :

Provincial High Performance – National Stream	Provincial Performance	Provincial Development
1) CC Targeted athlete 2) Athletes selected to represent Canada at U23 World Cup/World Championships 3) ID athletes by OC/CC recommendation	1) Top 3 at 16X/U19 Nationals 2) Athletes selected to represent Canada at U19 World Championships 3) ID athletes by CC/OC recommendation	1) Top 3 at 14X/15X Nationals 2) Top 5 at 16X/U19 Nationals 3) ID athletes by RBC or CC/OC recommendation