



2023

**BMX Rising Stars
Summer Program**

Pan Am Track, Centennial Park

**V1
05/2023]**



Overview

Ontario Cycling's BMX Rising Stars Summer Program at the Pan AM Track will provide regular training opportunities for riders to develop skills in a supportive and positive training environment.

Details

- Location Pan Am Track, Centennial Park, Etobicoke
- Dates May through August 2023
- Program Size Maximum 24 athletes
- Lead Coach Britney Hovencamp
- Support Coaches TBC

Athlete Application

Eligible athletes please apply here before Tuesday May 23 at 5pm:

<https://forms.gle/4UEkLEu7nt8QMM5r7>

Program Objectives

- To provide athletes 12-15 years of age with exposure to a supercross track while also providing an opportunity for the BMX community in Ontario to train together
- To provide a talent identification opportunity for provincial program coaches

Athlete Profile & Requirements

Athletes must:

- Be 12-15 years old in 2023
- Aspirations to improve race performance and track towards the Ontario Performance Program and Team Ontario
- Positive contributor and respectful of athletes, coaches, and support staff
- Hold a valid 2023 UCI or Provincial Race License issued by Ontario Cycling
- Bring their bicycles in 100% working order

Tentative Schedule

*Start Date is tentative due to repairs

** All dates subject to change (weather conditions, etc.)

Date	Details	Location
May 27 & June 10	Training sessions	Pan Am Track, Etobicoke
June 17-18	Nationals Preparation Camp - Including Team Ontario Selection	Pan Am Track, Etobicoke
July 22, Aug 5, 19	Training sessions	Pan Am Track, Etobicoke

Rising Stars Program Athlete Selection Criteria

1. Top 8 at Canadian Championships & Canada Cups in 2022
2. Top 5 USABMX Provincial Champs in 2022
3. Gender equity
4. Equal age distribution

**Athletes currently selected in the Performance Program will not be selected for the Rising Stars program

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.
- Only athletes involved in Ontario Cycling's BMX Rising Stars Program or BMX Performance Program are eligible for Team Ontario Selection

Team Ontario Athlete Selection Criteria

1. OHPSI athletes
 - a. <https://ontariocycling.org/hp/>
2. Performance Program Athletes
 - a. Top 5 Canada Cups and/or Top 5 Canadian Championships 2022
 - b. Cycling Canada Recommendation – HP Tracking
3. June 18th Trial races
 - a. Fastest 14X Male/Female automatic selection
 - b. Top 4 male/ 4 female athletes with the fastest lap times (average of top 2 times) in UCI Junior Devo **[of all riders including those meeting the selection criteria above]**
 - c. All times must be within 2% of the top time
4. Athletes not meeting the above criteria due to extenuating circumstances [illness/injury, etc.] may be considered if they have previous performance results. This will be at the sole discretion of the HP Committee.

Health and Safety

Athletes must inform coaches if they are dealing with any injuries, experiencing any pain, or feelings of illness immediately.

Any head injury or suspect impacts to the head requires adherence to the OC Concussion Policy [<https://ontariocycling.org/wp-content/uploads/2022/08/oc-concussion-policy-and-code-of-conduct-updated-dec-2021-20211221.pdf>] and any return to training/competition will require doctor or nurse practitioner clearance and family clearance [if under 18].