



April 2026

2026 BMX Rising Stars Academy	
Training Group Format	<ul style="list-style-type: none"> <li>• Target of 12 athletes</li> <li>• Gender-balanced (athletes must meet requirements below)</li> </ul>
Athlete Requirements	<ol style="list-style-type: none"> <li>a. Aged 11-14 2026</li> <li>b. Licensed by Ontario Cycling</li> <li>c. Demonstrate “advanced” or “proficient” level of execution on 3 of 4 skills outlined in Priority 1</li> <li>d. Commitment to race Ontario Provincial BMX Championships</li> <li>e. 14X Athlete commitment to race Canadian BMX Championships</li> </ol>
Assessment Camp	<p>May 9 – 9:00am – 12:00pm Pan Am BMX Track</p>
Application [April 30 <sup>th</sup> Deadline]	<p><a href="#">Click Here to Apply</a></p>
<p>Selection Criteria (Priority 1)</p> <p>Athletes will be evaluated during the assessment camp on May 9, 2026</p>	<p>1) Athletes demonstrating “advanced” level execution on 6 of the following skills* at the Pan Am BMX Track:</p> <ol style="list-style-type: none"> <li>i) Front wheel lift</li> <li>ii) Bunnyhop</li> <li>iii) Pedal Control</li> <li>iv) Spatial Awareness</li> <li>v) Manualling/Pumping</li> <li>vi) Jumping</li> <li>vii) Gates</li> </ol> <p>*Please see BMX Assessment Form for full details of skill analysis</p>
Selection Criteria (Priority 2)	<p>2) Athlete demonstrating “advanced” and/or “proficient” level of execution on 6 of the skills indicated in Priority 1:</p>
Selection Criteria (Priority 3)	<p>3) Athletes demonstrating “advanced” and/or “proficient” level of execution in 4 of the skill areas listed in Priority 1 in conjunction with consideration towards:</p> <ol style="list-style-type: none"> <li>a) Athlete race results at 2025 Canada Cups and Canadian BMX Championships</li> <li>b) Athlete training under the direction of a NCCP Trained/Certified Coach</li> </ol>