



NextGen training group Development Camp for Junior (U17) Development BMX Athletes

Introduction/Project

New for the 2015 season! The athletes in the Junior devo class (14-16 years of age) will be racing for an opportunity to qualify for a NextGen Supercross Development camp and Development team for 2016 World Championships.

The top 3 male and female athletes from the East and from the West plus 2 coaches selections will be invited to a NextGen Supercross development camp held in January - February 2016 in Chula Vista, California.

At the NextGen Devo camp a team of 4-6 athletes will be selected to the development team that would be going to the 2016 World Championships. The athletes will then work with the NextGen coach, in collaboration with their club coach, in the lead up to the BMX SX World Championships.

It is to be that selected athletes must demonstrate a commitment to follow the proposed training and racing plan leading to the 2016 World Championships.

Selection Criteria

Eastern Qualifications: Top 3 male and female athletes.

- Canada Cup #1 – Toronto
- Canada Cup #2 – Toronto
- Canada Cup #5 - Drummondville

* Best 3 finishes

Western Qualifications: Top 3 male and female athletes.

- Canada Cup #3 - Abbotsford
- Canada Cup #4 - Abbotsford
- Canada Cup #6 - Calgary
- Canada Cup #7 - Calgary

* Best 3 finishes

The points table and scoring rules will be the same used as for the Canada Cup series.

PLACE	Junior Development
1	300
2	280
3	260
4	250
5	240
6	230
7	220
8	210
9 +	100

1 (One) coach from the East and 1 (one) from the West will also be selected as a mentorship opportunity and support of the camp. Selected coaches must be licensed. NCCP certified coached is an asset.

Requirements

Athletes must be aged 14-16 as of Dec. 31st, 2015

Athletes must have a valid UCI license

Selected Athletes will be required to pay a project fee of approximately \$1000.

NextGen Camp Objectives

The camp will provide BMX athletes with specific BMX track time and events to start the 2016 season. The focus is on building foundation and base for the upcoming season. Using specific BMX Supercross tracks will give athletes a chance to work on some key fundamentals.

The goal is to target Supercross introduction techniques and provide training in warm weather. There will also be a basic introduction to Sport Science and Sports Medicine services (IST) with the inclusion of a nutrition strategy and physiotherapy techniques.

Camp Outline (Subject to Change)

Fri	Sat	Sun	Mon	Tue
	Intro/Spin/ Unpack	Trails - CV	Sprint W-O	Relax/Stretch
Flight (PM)	Practice CV	Super X Session	Practice CV	Practice Murrieta

Wed	Thu	Fri	Sat	Sun
Beach Training Session	CV Super X Session	Sprint W-O	CV Super X Session	Beach Training Session
IST Session	Relax stretch	IST Session	IST Session	Pack/Stretch/R elax

Mon
Flight Home (Am)