



BMX HIGH PERFORMANCE & DEVELOPMENT PROGRAMS

Cycling BC delivers High Performance and Development programs to encourage excellence in sport and help riders develop to their full potential. These programs provide athletes with enhanced services, coaching, and development opportunities such as training camps and race projects. Cycling BC currently runs two BMX teams under these programs, a High Performance Provincial Team and a Development Team. Teams are selected annually and run January to December.

HIGH PERFORMANCE PROVINCIAL TEAM

Team Size: ~14 athletes (male & female)

Age: 14+ (age as of Dec 31, 2020)

Team Selection: Typically, top ranked male & female in each age category as well as coach selection based on skills & abilities. [View Provincial Team Athlete Criteria](#)

The BMX High Performance team focuses on developing technical bike skills and an introduction to BMX-specific training structures, strength & conditioning, and race preparation.

Projects: Team members will be eligible for selection to team race projects where the team will travel with the coach and staff to North American destinations for training camps or races. There are typically at least two trips each year, one to the Canadian National Championships and one trip to the USA. Projects are partially subsidized by Cycling BC.

Training Camps: Scheduled throughout the year at various BMX tracks in the province, these sessions are led by head coach Mischa Partridge and focus on improving riders' bike skills, speed, race preparation, and tactics. These sessions are free for all team members.

How to Apply: Complete [online application](#) by **Jan.14, 2020**

DEVELOPMENT TEAM

Team Size: ~12 athletes (male & female)

Age: 11-13 (age as of Dec 31, 2020)

Team Selection: Typically, top 2 ranked male & female riders in each age category. [View Development Team Athlete Criteria](#)

The BMX Development team focuses on developing technical bike skills as well as an introduction to proper warm-up, race preparation, and practice planning.

Training Sessions: Scheduled throughout the year at various BMX tracks in the province, these sessions are led by head coach Mischa Partridge and focus on improving fundamental bike skills like jumping, manualing, pumping, as well as race tactics such as passing, cornering, and gate starts. These sessions are free for all team members. All team training will include video that is made available for each athlete for individual review and analysis.

Local Racing: New for 2020, the team will select local races each month to participate in as a group throughout the season. At these races, riders will receive assistance from their coach and video review. All team riders will also receive coaching and rider support at the 2020 BMX Provincial Championships.

How to Apply: To be announced