



BMX Program



The BMX program, supported by Bounce Back Physiotherapy, is a development and high-performance program for talent identified Athletes from the South Western Sydney region.

This program is targeted for athletes seeking to progress their individual skill through training and performance opportunities within a supportive team environment, to progress through the high performance BMX pathways to participate, and place, in State and/or National competitions.

Additional opportunities related to the off-track development of athletes such as injury prevention and management, technical and tactical skills, sponsorship and media skills, and bike maintenance are also included as a part of this program.

OBJECTIVES

Create an environment where athletes can develop the necessary tactical, technical, physiological and psychological skill competencies to aid progression through their sports Athlete high Performance Pathway.

Provide fundamental individual skill development sessions within a squad/racing team environment.

Compliment athletes local Club participation and encourage athletes to be leaders within those local Club environments.

Prepare athletes to move towards pro classes.

ELIGIBILITY

Athletes aged between **14 and 18** years of age, in the program year, and reside in the local Government Area's of Campbelltown, Camden, Liverpool or Wollondilly.

Athletes must be a registered member an AusCycling accredited BMX and/or Cycling Club.

Athletes should be racing at a level to allow them to enter and participate in selected events listed on the NSW State Championships Calendar.

SELECTION PROCESS

Athletes must complete a South West Sydney Academy of Sport Athlete Nomination Form.

The BMX squad is selected based on information provided by the athlete during the nomination process, as well as attendance at a trial, in the form of an on-track skills assessment.



Athlete Benefits

BENEFITS INCLUDE:

Recognised Athlete within the Regional Academy of Sport Network

Academy uniform

Regular on-track training sessions that will include individual and squad based fundamental skill development training, team dynamics and tactical skill development.

Access to Academy Athlete Health and Wellbeing Services

Education Program, including

- Athlete Induction,
- Media Skills and Athlete Development,
- Sport Science and Functional Movement
- Captains Class and Leadership Training,
- Practical Nutrition,
- Sport Integrity, and more

Supervised Strength and Conditioning Program/s

Fitness Testing and Functional Movement Screening

Baseline Concussion testing, injury prevention and management education.

ATHLETE SCHOLARSHIP LEVY

An Athlete Scholarship levy of **\$400** inclusive of GST, will be applicable to successful athletes.

Additional Camp / Tour costs may be applied for certain activities throughout the program year, however are heavily subsidised by the Academy and it's partners.



Nominate
Now>



For more information: swsas.org.au/bmx

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