AUSCYCLING

Mountain Bike Development Academy XCO



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Introduction

Overview

The AusCycling Development Academies ('Academies') have been formed as a component to the pre-performance rider development pathway. The Academies seek to identify, develop, and support Under 15 and Under 17, and selected Under 19 riders, to support their performance development and assist riders to acquire the attributes to support them through the performance pathways.

Structure and Purpose

The Academies provide structured training opportunities and coaching support with the aim of supporting the daily training environment of targeted riders. The target age groups for Mountain Bike are Under 15, Under 17 and selected (Junior) Under 19 riders.

The specific purposes of the Academies include:

- Providing targeted training sessions or camps
- Enhancing and complimenting the primary daily training environment (DTE)
- Developing consistent development opportunities across all States and Territories
- Increasing the number of riders meeting key performance targets
- Provide cross discipline opportunities

The program will be an annual program starting approximately 2 months after the Mountain Bike XCO National Championships and will culminate with the following years' National Championships.

These dates may shift in any year based on factors such as the competition calendar or venue availability.

Support Personnel

The Development Academy will be led by the Development Academy Manager | MTB XCO and be assisted by state/territory coaches.

The Lead Coach in each state/territory will be appointed by AusCycling.

The Lead Coach will be required to have an AusCycling coach accreditation level of Development Coach or above, of the discipline being coached.

Assistant coach(es) may be added at any time where required for the delivery of Academy Programs. Assistant Coaches must be a trainee Development Coach (or above) (have attended a Development Course within the last 12 months). Foundation Instructors may attend the sessions to be mentored for further development but will not be placed in charge of activities.

In situations where the Academy engages more than one coach it is important to ensure that diversity is prioritised.

All team personnel must have a current Coaching Accreditation, AusCycling Membership, Working with Children Check (or equivalent) and First Aid qualifications - no exemptions will be provided in these roles.

MTB XCO Specific Details

Academy Program

Program Inclusions and Funding Model

The program may include any combination of structured training sessions, online education, camps, and where feasible travel and logistical support.

The program is based on a co-contribution basis where AusCycling supports the program via development opportunities and administrative support. As each discipline and Academy has different travel and logistical costs, these, plus coaching costs will be levied to the riders at the lowest possible rate.

Training Frequency

The frequency of sessions will depend on the location of its members. The Development Academy Manager | MTB XCO and the Lead Coach will be responsible for setting the training dates.

Number of Riders

The total number of participating riders will be subject to the total number of riders within the state/territory and coaching capacity.

A maximum number of academy participants may be set where necessary and will be dependent on the AusCycling coach to athlete ratio remit and the potential for effective session delivery and time required for athlete feedback.

Selection Criteria

General Eligibility Criteria

To be eligible for consideration for selection to an Academy riders must:

- Be Australian citizens who are current AusCycling racing members; or
- Australian residents - this does not include visitors to Australia on work permits, student visas or visitor visas.
- Have a current racing membership issued by AC.
- Their primary club must be within the selected State or Territory.
- Have read, signed, and returned the execution page of the current Academy Agreement.
- Agree to participate in and meet all training and participation requirements as determined by the Development Academy Manager | MTB XCO and the Lead Coach.
- Not have breached the Anti-Doping Policies of UCI and/or AC, nor have had a sanction imposed which has not been completed. For considering eligibility for selection, a breach of an Anti-Doping Policy may include:
- an athlete currently under investigation for an Anti-Doping Rule Violation (ADRV) where an infraction notice has been issued or the athlete has been stood down under UCI and/or AC Anti-Doping Policies; or a failure to comply with an athlete's obligations under either UCI or AC Anti-Doping Policy, even if such breach does not result in an ADRV.
- Not currently be suspended from the sport for any reason.
- Display commitment to the sport beyond their own participation, such as engaging in volunteer work with their club.

Mountain Bike Specific Selection Criteria

Riders can be selected by Automatic or Discretionary selection criteria.

In all cases riders will need to demonstrate characteristics such as coachability, resilience, motivation, integrity, commitment, and teamwork.

Automatic Selection Criteria

Riders will be selected to the Academy who have achieved a:

- Top eight (8) result at the most recent MTB XCO National Championships; or
- Top three (3) result at the most recent home MTB XCO State/Territory Championship.

Minimum Performance Standards

To be eligible for selection, athletes must meet the minimum performance standard (by finishing on the lead lap for XCO) and have a total race time within 110% of the winning race time. Meeting the minimum performance standard does not guarantee selection.

Discretionary Selection Criteria

The Selection Panel will base the Academy selection on a rider's performance results. A performance result is a combination of a podium result, aligned with meeting the performance standards in gaining the podium result in their selected discipline.

Performance results will be collected from the following events:

- National MTB Championships XCO
- National Series Rounds XCO
- State or Territory Championships XCO

In considering discretionary selections the following may be considered:

- Rider's level of competency and understanding of skill, performance and expected results.
- Selectors view the ability of the rider to progress in the performance pathway.

Special Circumstances Discretionary Selection

Dispensation may be appropriate where riders may have been affected by minimal training or racing opportunities.

Provision may be made for riders suffering illness or injury or adverse personal circumstances, who may have demonstrated prior competencies within National training environments / events.

The maximum number of riders able to be selected as part of the discretionary selection criteria will be determined by the Development Academy Manager | MTB XCO.

Selection Process

The Academy will be formed annually in line with preparing athletes for AusCycling MTB XCO National Championships. All eligible riders will be invited to submit an Expression of Interest (EOI).

Al riders wishing to participate in an Academy must submit an EOI for consideration.

The selection panel will include:

- AusCycling MTB Development Academy Manager | XCO
- Lead Coach
- SIS/SAS Coach (where applicable)

All unsuccessful applicants may seek feedback from their EOI.

Riders who do not submit an EOI or were initially unsuccessful but demonstrate exceptional performances, after selection, and meet the automatic selection criteria may be invited to join the Academy.

If an athlete's capacity to satisfy the selection criteria diminishes at any time throughout the season, then their continued status as a member of the Academy will be re-assessed by the Selection Panel. For example, if a squad member's performance drops, they are non-committal to activities or fail to demonstrate coachability, resilience, motivation, integrity, commitment, and teamwork, then their membership in the Development Academy may be reviewed.