

### Beginner

For riders with little or no experience of BMX bikes, tracks or racing. **ALL** riders who attend training for the first time will start in this group and must be able to pedal, standing up, without assistance.

#### **Areas Covered:**

- Basics of riding a BMX race bike
- Track behaviour – the Do's and Don't's
- Controlled riding – starting & stopping safely
- Pedal positioning & introduction to 'pumping'

#### **Requirement Level to Progress:**

- Complete 1 full lap from the top of the start hill (no gate) without stopping, whilst standing up.
- Start and stop on command, safely.
- Attend a minimum of 4 consecutive sessions
- Demonstrate an understanding of 'pumping'.

### Novice

For riders working towards entering their first race.

#### **Areas Covered:**

- Basic Start Gate Technique
- Cornering – pedal, head & bike positioning
- Small group riding & race tactics
- Introduction to jumping technique
- Front & rear wheel lifts

#### **Requirement Level to Progress:**

- Perform balanced gate starts, standing up.
- Jump onto & gain distance on the table top
- Understand & perform the high/low & low/high
- Race in small groups demonstrating race lines.
- Perform basic front & rear wheel lifts
- Developed 'pumping' to maintain speed on 3<sup>rd</sup> straight.
- Have competed in their first race.

### Intermediate

For riders with a year (or so) experience who have a solid skill level. Intermediate riders will have competed in some races and be looking to improve and progress in South Region BMX races.

#### **Areas Covered:**

- Introduction to periodised training – Pre, During & Post-season training.
- Jumping technique
- Manuals (on & off the track)
- Bunny hops & wheelies
- Race and sprinting speed
- Linking obstacles
- Laptime improvement
- Developing fitness & stamina
- Refined Gate Technique
- Advanced race tactics
- Preparing & entering Regional races at expert level.

#### **Requirement Level to Progress:**

- Regularly attending training and skills sessions.
- Competing regularly at Regional level.
- Manual the whole of the last straight, including a double manual on the last.
- Consistently jump 1<sup>st</sup> & 3<sup>rd</sup> on the last straight in a safe and controlled manner.
- Consistently perform, at least, one manual on 3<sup>rd</sup> straight.
- Work on flat skills and fitness away from Hawks training sessions.
- Perform a flat manual and wheelie over a short distance.
- Regularly perform correct bunny hop technique over a small obstacle.

### Expert

The club's highest level training group for riders with a number of years' experience of riding and racing, and those with advanced skill levels. Most Expert riders will be competing at National level and beyond.

- Riders will be following a pre-planned, periodised training plan of Pre, During and Off-season training.
- Riders should be able to produce flat skills and sprints to current RSR requirements:
  - 50m sprint under 7s males/7.5s females
  - Pedal wheelie – 7m males/5m females
  - Flat manual – 7m males/5m females
  - Bunny hop height – 35cm males/25cm females
  - Bunny hop distance – 1.5m males/ 1m females
- Working on jumping the 1<sup>st</sup> and 2<sup>nd</sup> straights.
- Working on advanced jumping and manualing combinations on 3<sup>rd</sup> and 4<sup>th</sup> straights.
- Continued progress of general race speed and race tactics.
- Continued development of Gate Start technique.
- Mental approach to racing and riding.
- Reflecting on recent races and areas of personal development.
- Riders will be working on their fitness and flat skills away from training sessions.
- Willing to push their own boundaries and comfort zones.



The coaches at Hawks BMX Club are all passionate about coaching and above all else, like to see riders progressing and having fun at the sport they love.

BMX is not an easy sport. It involves a lot of time, effort, dedication and passion. It will also require you to push past your comfort zone to progress to the next level. The fundamental thing we ask of every rider that attends our training sessions is that they arrive promptly with their bike and kit ready to go, and an attitude to learn, work hard and most importantly, have some FUN!

The following Rider Development Pathway is aimed at providing both riders and parents an idea of what is required at OUR CLUB, at each stage of a rider's development as they progress through the training groups.

We have four training groups at Hayes – **Beginner, Novice, Intermediates & Experts**. Each group requires different levels and understanding of techniques, skills and experience to be able to progress to the next stage. Every rider is unique and we, as coaches, will take this into account to help them achieve their goals. In exceptional circumstances, a rider may progress to the next stage slightly earlier than the pathway suggests or, remain in the same group for a longer period, both of which will be done at the Coaches' discretion and in consultation with the rider and parent. In order to progress, riders must be regularly attending training sessions.

BMX is a fantastic sport and Hawks BMX Club are proud to provide high quality coaching in a welcoming and supportive environment.

Many thanks,

**Hawks Coaching Team & Hawks Committee**

## Coaching Team

Should you wish to discuss your child's progress through the Pathway, the coaches will be more than happy to meet with you *after* your child's session.

**Mark Seaman**

**Sean Freeman**

**Mark Jessup**

**Shaun Tobin** (Junior Coach)

**Robert Head** (Junior Coach)

## Hawks Committee

The Hawks committee are always on hand for any queries or questions you may have so please don't be shy! Fancy trying a bit of racing? There are plenty of people to give you any advice and tips you may need.



# Rider Development Pathway 2022/2023

