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To the sport,

The ambitions of the Schick Civil Construction Cycling New Zealand Performance Hub is to ultimately develop a greater pool of riders within New Zealand who in the future could perform and become successful on a world stage both at a World Championship and Olympic level within the elite ranks. Please click here for more information:

**What is the BMX Hub** <https://www.cyclingnewzealand.nz/performance-hubs/bmx/>

**Detailed BMX Hub info** <https://www.cyclingnewzealand.nz/assets/CNZ/Development/Performance-Hub-Programme/4703-2019-CNZ-BMX-National-Performance-Hub.pdf>

The Performance Development hub staff and coaches will work with a small group of athletes both male and female aged between **15 – 20 years** who will be invited to train for 12 months between the periods of May 31<sup>st</sup> 2020 – May 30<sup>th</sup> 2021. This is a development space for the sport, **NOT a High Performance space/program**.

Coaches, this also an opportunity for you to learn, develop and assist the head coach in operating and delivering this camp to enable your own personal development. Further, we encourage parents to attend also attend portions as per the timetable to gain some learning and knowledge of this space.

To be eligible to be considered for the BMX hub, **you MUST fill in the link** below whether you can or cannot make the camp otherwise you will not be considered.

**Registration:** Athletes – [https://www.surveymonkey.com/r/2020-2021\\_BMX\\_Hub\\_Expression\\_of\\_Interest](https://www.surveymonkey.com/r/2020-2021_BMX_Hub_Expression_of_Interest)

Parents/Coaches - [https://www.surveymonkey.com/r/2020-2021\\_BMX\\_Hub\\_Coach-Parent\\_Attendees](https://www.surveymonkey.com/r/2020-2021_BMX_Hub_Coach-Parent_Attendees)

**Who can attend:** Riders aged UCI 15 – 20, coaches and parents

**Where/When:** 13<sup>th</sup> – 16<sup>th</sup> April - Christchurch (Jellie Park and BMX tracks TBC)

17<sup>th</sup> – 19<sup>th</sup> April – Cambridge/Te Awamutu/Rotorua (Avantidrome)

**Camp Timetable:**

Cycling New Zealand all of 5sport Training Camp: Monday 13th April - 16th April						
13th: Monday	14th: Tuesday	15th: Wednesday	16th: Thursday	17th: Friday	18th: Saturday	19th: Sunday
10am HPSNZ Jellie Park - What is the Hub? - 3 day training plan	9am - 1pm BMX Track (TBC) Skill Session and Pack Riding	9am - 1pm BMX Track (TBC) Skill Session and Pack Riding	8.30am - 12pm HPSNZ Jellie Park Watt Bike Power Profiling & Gym Testing	10am Avantidrome - What is the Hub? - 3 day training plan	9am - 12pm BMX Track (CB) Group Riding and Full Lap Testing	9am - 12pm BMX Track (ROT) Skills Session, Group Riding simulation
1pm: Lunch and Break	1pm: Lunch and Break	1pm: Lunch and Break	12pm - 1pm Camp Conclusion	12pm: Lunch and Break	12pm: Lunch and Break	12pm: Lunch and Break
	2:30pm - 5pm BMX Track (TBC) Group Riding and Full Lap Testing	2:30pm - 5pm BMX Track (TBC) Group Riding and Full Lap Testing	Matt Fly to Cambridge	1pm - 5pm BMX Track (TA) Skills Session, Group Riding and Full Lap	1pm - 5pm Avantidrome Watt Bike Power Profiling & Gym Testing	1pm - 4pm BMX Track (ROT) Skills Session, Group Riding and Full Lap Testing
2pm - 4pm HPSNZ Jellie Park - Parents & Coach Discussion	6pm - 8pm HPSNZ Jellie Park - Everyone What is our sport?			6pm - 8pm (TBC) Avantidrome - Parents & Coach Discussion	6pm - 8pm (TBC) Avantidrome - Everyone What is our sport? (TBC)	4pm - 4:15pm Camp Conclusion

Kind Regards,



Matt Cameron

National BMX Performance Development Hub Coach

Cycling New Zealand

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