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1 September 2020

To the sport,

The BMX National Performance Hub will be delivering a **FREE** training camp at the end of this month (September) here in Cambridge (first week of the school holidays) for athletes both male and female aged **15 and over 20 inch riders**. This is not a High Performance camp, rather a development camp.

Coaches, this camp is 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 portions of the camp as per the timetable slots to gain some learning and knowledge in this space.

If you want to be a part of this 4 day camp, **you MUST fill in the link** below.

Registrations **close on the 23rd of September**.

Registration: Athletes – <https://www.surveymonkey.com/r/S37DDW3>
Parents/Coaches – <https://www.surveymonkey.com/r/SH7PXWZ>

Cost: The costs of accommodation, food, travel to the camp etc is your own responsibility

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

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

Who can attend: Riders aged UCI 15 and over (not cruisers), coaches and parents

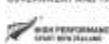
Covering: BMX track work, basic Strength and Conditioning, Testing, Workshops etc

Where/When: 28th – 1st September – Cambridge/Te Awamutu/Rotorua (Avantidrome)

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Camp Timetable: Timetable below and also attached in email

Cycling New Zealand all of Sport Training Camp: Monday 28th September - 1st October						
28th: Monday	29th: Tuesday	30th: Wednesday	1st: Thursday	2nd: Friday	3rd: Saturday	4th: Sunday
WAIKATO	WAIKATO	WAIKATO	ROTORUA	WAIKATO		
8am - 9am Avantidrome Hub Team only chat - Culture check - Hobbit Intro	8am - 9am Avantidrome Tactical Workshop	8am - 9am Avantidrome Goal Setting and what motivates you?		9am - 11am Gym Session AVANTIDROME (WAIKATO BASED RIDERS ONLY)		
10am - 12pm BMX Track (CB) Skill Development	9:30am - 12pm BMX Track (CB) Skill Development & Physical Session - Gate starts - Group Riding - 1 X Lap	10am - 12pm Tactical Training Track (TA) Physical Session - Passing - Racelines - Lane Choice - 1 X full Lap	9am - 12pm BMX Track (ROT) Skill Development - 8m Education - 8m Hills			
12pm - 1:30pm Lunch and Break	12pm - 1pm: Lunch and Break	12pm - 1pm: Lunch and Break	12pm - 1pm: Lunch and Break			
1:30pm - 3pm BMX Track (CB) Skill Development * Hub Riders optional	1pm - 2pm Athlete Life - CONFIRMED WITH CJ	1pm - 2pm Social Media	2pm - 4:30pm BMX Track (ROT) Skill Development	OFF		
4pm - 5:30pm Gym Session	2:30pm - 5pm BMX Track (TA) Skill Development & Group Riding	2:30pm - 5:30pm Avantidrome Watt Bike Power Profiling & Gym Testing	& BMX Track Trails (For those interested)			
6pm - 8pm (TBC) Avantidrome Everyone What is our sport? (TBC)	6pm - 8pm Avantidrome Sarah, Becc, Sam D and other sports people discussion night Dealing with Fear etc	6pm - 8pm (TBC) Avantidrome Everyone Coach and Parent Discussion (TBC)	4:30pm - 5pm Camp Conclusion			

- HUB RIDERS ONLY
- ALL RIDERS - NOT PARENTS
- ALL RIDERS AND COACHES - NO PARENTS

Kind Regards,

Matt Cameron

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Cycling New Zealand

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