



## Coaching up dates March 2009

### **HP Funding Bike NZ:**

*As you may have read in the media release of recent times BikeNZ's HP programme has been given a Core investment of \$3M per year for the next 2 years. This will continue as a projected investment to extend to 2012 if we reach core targets over the next 24 months.*

*On top of this funding we expect to access additional SS/SM NZAS support (indications this is also up from \$160K to \$240K), PEGS grants, CPEGS support and technology investment.*

*SPARC's investment looks very positive for the overall objectives we have set in place across the HP Programme. I will be meeting with SPARC over the next week to clarify the details and timelines of the investment so we can forward plan our campaigns for the April to September phase of the year. Once we have a firm feel of the additional components I will be in touch.*

*Moving forward and effective immediately our JDS programme will sit directly under the HP programme. This programme will play a key part in the pathway for young athletes to our HP programme. Funding in relation to the JDS programme also rests with Bike NZ.*

*Ken Cools will play a key part in the direction of the JDS programme as we move forward.*

*Important for our sport to understand that BMX is seen as a key investment area within the cyclic codes and as a result will receive its fair share of funding support. But we must deliver.*

### **JDS Developments:**

*With changes as above now in play we are able to advance our JDS programme to the next level. Our plan has always been to have more people involved.*

*Our focus has taken a shift in affect we are now to target coaching personal that will work directly with those young athletes involved in the programme. We are working on ration of 1:3 - Coach to athletes*

*A number of key things should come of this move.*

- 1. Those athletes involved will have and get greater supervision and ideally develop.*
- 2. We plan to spend time on coach development, so there are better/more coaches available*
- 3. Coaches can apply their skills at club or regional level*
- 4. Coaches involved will also play a part in talent identification (selectors)*

*Selection criteria:*

*A review of selection processes is at present underway within the Bike HP programme; details around the hows will be out shortly. In the mean time we work off results around key meets like Nationals and Island events. Superclass performance also plays a part here. We also have the odd wildcard mixed in.*

**JDS Membership:**

*I here from time to time the odd comment around special treatment of those that are involved in the programme. For the most part this normally relates to free rides and cash handouts.*

*Important points to note:*

- 1. Those people involved have for the most part paid their way.*
- 2. As a sport (BMX NZ) did assist with flights for people at the lower end of the country*
- 3. Some fuel costs have also been met again for those at the far away places.*
- 4. We are now in place where we receive the same support as other cyclic codes (Bike NZ funded)*
- 5. If we had not pushed out, as we did with programme the sport would not be in the place it now is and would have not been able to move forward.*
- 6. We currently have nine coaches that are on board with this programme. See attachment.*
- 7. Working off the 1:3 ratios we can now target 27 athletes. 8 spots to fill.*
- 8. We will continue to keep JDS athletes in the programme past 16 years of age – that should remain in it.*
- 9. Some will be dropped this year if they fail to deliver on skill/fitness requirements.*
- 10. Other than results (performance) skill is a key component of entry/involvement to this programme. Skill demonstrated without clips is just one requirement to be met.*
- 11. Skill, desire and opportunity make up the key ingredient of any HP athlete. These athletes work hard.*
- 12. More coaches, the more levels the coaching plate-form we are able to have. Interested put your hand up. Write Christine at [bmxnz@ihug.co.nz](mailto:bmxnz@ihug.co.nz)*
- 13. Its not about where we are now, it's about where will be in the future.*

**Ken Cools:**

*Welcome to Ken Cools and his family - from all of the BMX NZ community. Ken is here for at least the next four years and will be based in Auckland.*

*Ken is an employee of Bike NZ and is employed as the Bike NZ BMX HP coach. Ken's immediate responsibility is with our HP Athletes and our journey to the 2012 Olympics. In addition to this he has a watching brief over the JDS programme and its coaches and athletes. Richard (RMC) is lead coach for JDS.*

*In addition to this Ken is able to work freelance within our sport and is available to run coaching clinics across the across country at club or region level.*

*This is the first time in the history of our sport that we have resident professional full time BMX coach at our disposal. Ken is 100% committed to the development of both BMX skill and coach improvement. Get to know Ken.*

Contact at [ken@kencools.com](mailto:ken@kencools.com)

Check out: [www.kencools.com](http://www.kencools.com)

**Camp Cools:**

*As above, Ken is available to do club or region specific coaching clinic's. These events are normally over a weekend and need a minimum of at least ten athletes.*

*Ken is able to target any specific group of riders be they young or old. He will operate these weekends with **highly skilled athletes that assist in the demonstration of skill sets.***

***In addition to the actual coaching weekend he is also available to run a coach the coach session on the Friday night prior the coaching weekend. These sessions present an ideal opportunity to get insight into the coaching of this sport.***

***Ken has already run a number of these events across the country with great success, ask around don't take my word for it***

***Contact Ken, as above, but be quick, as he will be away overseas shortly with the world build up for the HP athletes.***

**Other Coaching:**

*BMX NZ also has available a coaching workshop available in relationship to the sprocket programme. Our sprocket programme is all about getting started in the sport of BMX, while it may target the ages of 5 –7 years it is also about new parents and new riders to the sport.*

*We work on a minimum number of 10 to run the event, we are available by arrangement to travel anywhere in the country and deliver the training session. There is a minimum fee of \$10.00 per family. Sessions run for around three hours.*

*To make contact, just write to Christine at [bmxnz@ihug.co.nz](mailto:bmxnz@ihug.co.nz)*

*Later in the season we will look to run a level one coaching session. Ken Cools and RMC will most likely present this session. This session is ideal for that person that wants to learn more detail around skill/athlete specific development. Ideal person to attend would be a potential club coach.*

*More on this later!*

*Attention old Fart's*

*I watched many of you over the years, some have real talent, some have strength, and some have no fear and some crash and break stuff.*

*I spoke with Ken recently about running a specific coaching clinic – pre world session for cruiser riders 30 something plus. I guess I am interested in understanding the level of interest for such a thing.*

*Please drop me a line via Christine at [bmxnz@ihug.co.nz](mailto:bmxnz@ihug.co.nz).*

*Regards Philip Anderson  
Coaching director BMX NZ.*