



Coaching update – BMX NZ

Overview 2008-09:

Back on the 26/27th of April a group from across the sport met to discuss opportunity and plans around coaching for 2008/09 BMX season. This was time well spend for all concerned, with some great stuff agreed upon.

This year BMX NZ will attempt to deliver a huge coaching programme across all ages of the sport. Fair to say this won't be without challenge, be-it resource, funding/cost and or support. It was agreed that we should attempt to deliver a range of coaching Clinic's and try to develop structure for the sport in regard to coaching framework.

I am delighted to report that there has been a considerable number of people that have put their hand up to be involved. Better still all of these people have a wealth of technical knowledge that they are ready to share. (*Timely for the sport*)

Sprockets first: (5 - 8yrs)

This group of young people is the life-blood of our sport and a group that we should always be passionate about. The sprocket programme is a well thought out coaching tool that will show and guild both riders and parents in the right direct on the basics of BMX.

This year we will take the programme to a different level, in the past the main focus has been on targeting new parents to the sport – this still remains. However the programme is to take on a more practical coaching clinic style. That is to say that the aim is to get as many sprocket kids along as is practical. Opportunity for all involved to see the content of the Sprocket Coaching programme in practice. This will prove supportive to clubs in the development of their new members.

In support of this, the aim is the have senior BMX'ers interact with the young audience. The ideal is to have members of the High Performance squad or JDS members deliver the coaching content to our new/young members. Either way we have athletes that can demonstrate great skill to this young audience.

I need some *tentative dates from Regions* as to the best times to run these. We are looking at a session lasting 3-4 hours at a time. As many kids along as we can get. Tracks like Hamilton are idea as we also have a large flat area by way of the car to use.

Respond back to Christine Misa at bmxnz@ihug.co.nz

Loan star Clinic's: (10yrs +)

This is something a little new, the aim here is run a 2hour coaching clinic trackside prior to each round of the Loan Star series. These clinics will target warm up, gate starts, rhythm, and corning. There will also be a piece on best lines to ride for that specific track that we are at on the day.

Why Loan Star, well simple really. These are great race events that offer good competitive racing across assorted age mix. This coaching should/will add value to the day and provide assistance to the group of athletes that may sit just outside the Junior Development squad.

Level one coaches or senior BMX rider (HP Members) will provide the support in terms of skill development at these clinics. Paul Lutteral will be the key contract (lead coach) for these clinics. (*Great for juniors*)

Ideally regions/clubs can take away from these sessions good stuff to work with and on. Athletes will receive a feedback/development sheet. The feedback sheets are in line with JDS type worksheets.

For the most part these clinics will run prior to the Superclass round – same day. Hamilton will be the first of these events to run. However the coaching will take place on the Saturday afternoon in this case, as there is little available on the Sunday.

Test Teams/Mighty 11'S (11's 13-15yrs)

This aspect of our sport is an oldie but a goodie, not a lot is to change here as this all works pretty well most of the time.

The Aussie Senior team is by way of invite this trip thanks to XBR (Gavin D) support. BMX A have dropped the ball on this and XBR have come to the rescue, a team has been selected and will arrive on the Thursday prior to the North Island event in Gisborne this October.

The NZ Mighty 11's team to be selected shortly and the Aussie riders to be name in the next few weeks. I am sure this will be another action packed weekend of top racing.

Good luck to Ces Hill and Clive Telford on round two of their test campaign.

Aussie Teams

SENIOR Mens	SENIOR Girls
Madison Denholm	Madison Janssen
Bodi Turner	Chelsea King
Darryn Goodwin	Melinda McLeod
Adam Shields	Lacey Oliver

Junior Development: (13 – 16yrs)

For those that are perhaps new to the sport, the JDS programme was set up two years ago with view provide development, support and structure to our younger potential top athletes.

The last two years have for the most part been experimental in that we have had to create something from scratch on a shoestring budget. Thanks go out the Richard M for his efforts and involvement in the development to date, also to those parents involved for their time in getting the juniors too the sessions.

We are about to step this programme up a gear, up until now RMC has done all the work that has ranged from session development through to individual feedback – a big job when you have a real job to do as well. The focus of the programme will move to coach development, this will increase the knowledge base across the sport (coaches) and provide a more specific focus by Athlete.

This year we plan to involve more coaching personal, the aim is to team up Athletes with specific coaches on a ratio of no more than 1:3. Maximum Athletes per Coach is three.

Important we do this to lift the quality of skill, focus and development of the Athletes and coaches. By international standards and the challenges that are before us in the sport, we fall well short on skill in a number of areas. It is not practical for one coach to operate across anymore than 3 people in a part time situation. Coaches involved will be located in the same region as the Athlete, so as to take advantage of club nights and local facilities.

As a pay back coaches involved will be invited to special coach development sessions, operate with and be exposed to best practice and structure. They will also have opportunity to work along side the High Performance Coach (Ken Cools) and link into stuff via Bike NZ coach development

This must in turn offer pay back to the sport at large. Selectors for the JDS will be via this pool of coaching personal. This will provide greater opportunity and pressure to ensure we target the best possible athletes to be part of the JDS programme. Athletes involved will need to step up this year. (*Great for JDS members*)

Camp Cools Coaching camps: (Ages TBA)

Some will have heard of Ken Cools - many may have not. Ken is currently working under contract to Bike NZ to coach Marc Willers and Sarah Walker. All have been across at Beijing in China at the Olympics over recent weeks.

There is a strong possibility that Ken will spend time in NZ over the next year or two. Ken runs an assortment of coaching camps across the USA and Canada.

Ken is keen to run a series of these camps down under, Ken's area of expertise is gate starts, and he has coached and worked closely with numerous world champions.

To be a champion, get to know one!

Ken's ACCOMPLISHMENTS

- Has been involved in BMX since 1985, started at 5 years old. Ken says his passion and dedication has flourished through out these years and continues to grow each year of his involvement.

- Became a professional BMX racer in 1995. Since, has been the number one ranked pro in Canada for numerous years. Has been the National Champion 6 times throughout both his Pro and amateur career.
- Certified Level Two Coach (NCCP)
- The only BMX Pro in Canadian history to achieve the level of “AA” pro, highest level of Pro in BMX.
- Competed as part of the Canadian National Team at 6 World Championships that have taken place in different countries around the world.
- Throughout his career he has had the opportunity to work with the World’s best athletes. Over the years he has been associated with numerous awards and metals that have been won by the athletes that trained under him. Assisted with the winning of 2 UCI Rainbow Jerseys (Cycling’s highest honor), 10 Number 1 Pro Titles, and 30+ UCI World Championship Titles.
- Attended The University of Calgary on a football Scholarship in 1997 and Majored in Geophysics.
- Graduated high school on the Honor Roll and had a total of 15 Scholarships to choose from these were to play football, basketball or to play in a College Band.
- In High School was awarded the MVP award for Football and Basketball, Athlete of the Year, Academic Athlete of the year and was also named to the Alberta All Star Teams for both Football and Basket Ball.

Check out Ken with “Google” Ken Cools.

More detail around this to come out after the Olympic Game’s is finished and the dust as settled.

High Performance Squad: (Junior elite & Seniors)

Shortly the journey will start again as we set forth with another four year build up to the Olympics. Our journey will take a similar route to that of the last four years. However we have some experience to work with and perhaps a bigger group to select from this time round.

The next twelve months will start slow, this will be a challenge for those that were part of the last four year build, as they will need to pace themselves and work under their own steam to a point. The flip side of this is that any number of the JDS age group, have some time to hone their skills, so as to step into Junior Elite events.

Super-cross events going forward will play a huge part in skill level test. These events are something that all will need to get experience at and be able to perform well in.

Funding for this journey is still to be finalized in terms of the next 12 mouths, some of the decision will hang off the back of Athlete performance at the current games. This is not new or limited just to our sport but more the case across all codes. Medals play an important part in terms of investment.

Level one coaching course: (Club Coaches)

Yes back by popular demand, we will run and plan to do so again this season, timing will most likely see this happen at the end of January and take place in the Waikato. January 31st looks to be the best gap in the race calendar for the season ahead.

Clubs should give thought to whom will go from there membership, funding will be sort to make this happen, but some club costs could be involved.

More on this as we move a little closer to the date.

Coach Development:

BMX NZ in association with Bike NZ and Outward bounds can offer some great coach/career development opportunities.

As mentioned early in this memo, we aim to target a group of strong skill based people to assist and coach athletes involved with JDS. I am hopeful that the spin off from this will flow down to club or region level. Our aim is develop these people into complete coaches by way of exposure to a broader range of skill and expert people from outside our sport.

In addition to the above the sport (Bike NZ) has opportunity to offer PM scholarships to the right people. In affect PM Scholarships allow an individual to gain a grant for personal development. There is reasonable amount of flexibility in terms of subject matter for study, but the individual's programme must have structure to it. Grants can range from 5K to 50k, subject to the aims and goals to be achieved.

If you need to know more check out: <http://www.sparc.govt.nz/elite-sport/officials/prime-ministers-officials-scholarships>

Outward Bound has also made available to the sport a number of senior spots for people to attend the Out Bound programme. I would like to think that people line up to do this awesome event/experience.

For more detail drop Diane a line at. dleyten@outwardbound.co.nz.

Last but not least, we should see good nominations for coach of the year at our 2008/09 end of season prize giving.

Worlds 2008/09:

With Worlds across the ditch next year I believe there will be many that plan to travel and compete. For those that are planning to go, there will be much to benefit from or by attending coaching clinic's as the season rolls on.

At club level you should start early with your skill development work, its all about getting the basics right. Important to, is fitness level, as this plays a very close second.

Start with lots of bike drills that get the get the heart pumping and body moving in the early part of the season. Build a bit fun into your club nights. Work the rhythm sections of the track practice high lows on the corners. Grass sprints and hill climes to build fitness and strength.

Catch you out there

Philip Anderson
Coaching Director BMX NZ