

# SCF BMX Racing Development Squad Boys & Girls Selection

## Selection Guidelines

Date: 27 – 28 December 2017

Venue: 27 Dec – Sportshub, Kallang Practice Track / 28 Dec – Centaurs Sports Park Turf City

Time: 8.00am to 10.00am

(Riders must be available to assemble at the training venue 15minutes prior to start).

This event will be to select rider to represent Singapore Cycling Federation in the JCM BMX Malaysia Series 2018 seasons.

The selection is open to all riders who will be 9 to 13 years old (actual age) on December 2017.

### SELECTION CRITERIA:

Fitness Assessment (27 Dec)	Bike Handling Skills (28 Dec)
<ul style="list-style-type: none"><li>• Balance (Single leg balance &amp; static posture)</li><li>• Lower Body Strength (Overhead Squat)</li><li>• Upper Body Strength (push up)</li><li>• Core Stability (Hold Plank position)</li><li>• Power Explosive Jumps</li><li>• Aerobic Capacity (1.6km Run)</li><li>• Flexibility (Sit &amp; Reach)</li></ul>	<ul style="list-style-type: none"><li>• Basic Bike Skills (Skills Circuit)</li><li>• Pumping</li><li>• 3 x 30m Sprint</li><li>• Bunny Hop</li><li>• Jumping</li></ul>

## TERMS & CONDITIONS OF ENTRY:

All riders must meet the age group as required by Singapore Cycling Federation

Any rider want to be eligible for selection for a SCF BMX Racing development selection must be Singaporean/permanently resident, live in Singapore.

Riders must be available to attend all team training sessions as arranged by Singapore Cycling Federation BMX Coach .

Riders must have 80% training attendance monthly.

Selected Riders and Guardians will be required to sign and comply with the Singapore Cycling Federation Athlete agreement contract.

Riders selected for the SCF BMX Development Squad will be required to pay to Singapore Cycling Federation sum of \$500.00 to assist with covering costs for UCI license and team attire.



**SCF BMX Racing  
Development Squad**

# PERFORMANCE CRITERIA:

Fitness Assessment	Time/Reps	Bike Handling Skills	Time
Balance (Single leg balance & static posture)	2.00mins each leg	Basic Bike Skills (Skills Circuit)	3.00mins
Lower Body Strength (Overhead Squat) in 2mins	45 reps	Pumping (Pump Track Circuit)	45 secs
Upper Body Strength (push up) in 1min	30 reps	3 x 30m Sprint	6 secs
Core Stability (Hold Plank position)	2.00mins	Bunny Hop (Height)	20-30cm
Power Explosive Jump (3 Single Leg Jumps)	Above 4m each leg	Jumping (Table Top)	Competent / Not Yet Competent
Aerobic Capacity (1.6km Run)	8.00mins to 10.00mins		
Flexibility (Sit & Reach)	Ankle or Toes		

# SCF BMX Athlete Development Structure



Segment	Introduction and skills			Regional Programme Talent ID			Talent ID Programme Developing Potential			Elite Programme
Stages	LT 1	LT 2	LT 3	TID 1	TID 2	TID3	DP 1	DP 2	DP 3	High Performance
Description	Intro to BMX	Learning Skills	Racing at Regional level	Demonstration of Talent	Talent testing & Recording	Definition of talent, team racing	Potential level testing & recording	Develop talent junior team racing	International racing, HP programme intro	Talent support international racing, UCI C1 racing
Rider is	Learning to ride, beginners	Participating in SCF coaching Programme	Participating in Regional Level	Attend development programme & regional results	Training & focus to meet regional standards. Testing & recording levels goals	Regional finals results, SCF NTS Training	Training & Testing to meet Junior Standards	Training develop skills & fitness to Junior team	Potential Talent, High Performance introduction, HP pathway, International racing for UCI points	International racing with SpexTAG program
Rider Focus	Participating, Physical, Psychological, Tactical, Technical			Performance, Physical, Psychological, Tactical, Technical						

## BMX Training Program.

Day	Description	Venue	Time	Training hrs
Monday	Rest Day/Study			
Tuesday	Rest Day/Study			
Wednesday	Speed and Agility/Explosive Power	Kallang Practice Track	6.00 - 7.00pm	1
Thursday	Bike Sprint Training	Jalan Benaan Kapal	6.00 - 7.00pm	1
Friday	Rest Day/Study			
Saturday	BMX Specific Skills	The Bike Park @ turf city	4.00 – 6.00pm	2
Sunday	BMX Specific Skills	The Bike Park @ turf city	4.00 – 6.00pm	2
<b>Total Training Hours</b>				<b>6Hrs</b>

# BMX Calendar 2018

DATE	EVENT
19 – 21 Jan 2018	Training Camp #1
10-11Feb 2018	JCM BMX Malaysia Series 1
9-11 Mar 2018	Training Camp #2
21-22 Apr 2018	JCM BMX Malaysia Series 2
7-8 July 2018	JCM BMX Malaysia Series 3 (National Championship)
31 Aug – 2 Sept 2018	Training Camp #3
13-14 Oct 2018	JCM BMX Malaysia Series 4
24-25 Nov 2018	JCM International BMX Race (UCI C1)