



Rider Progression & Assessment

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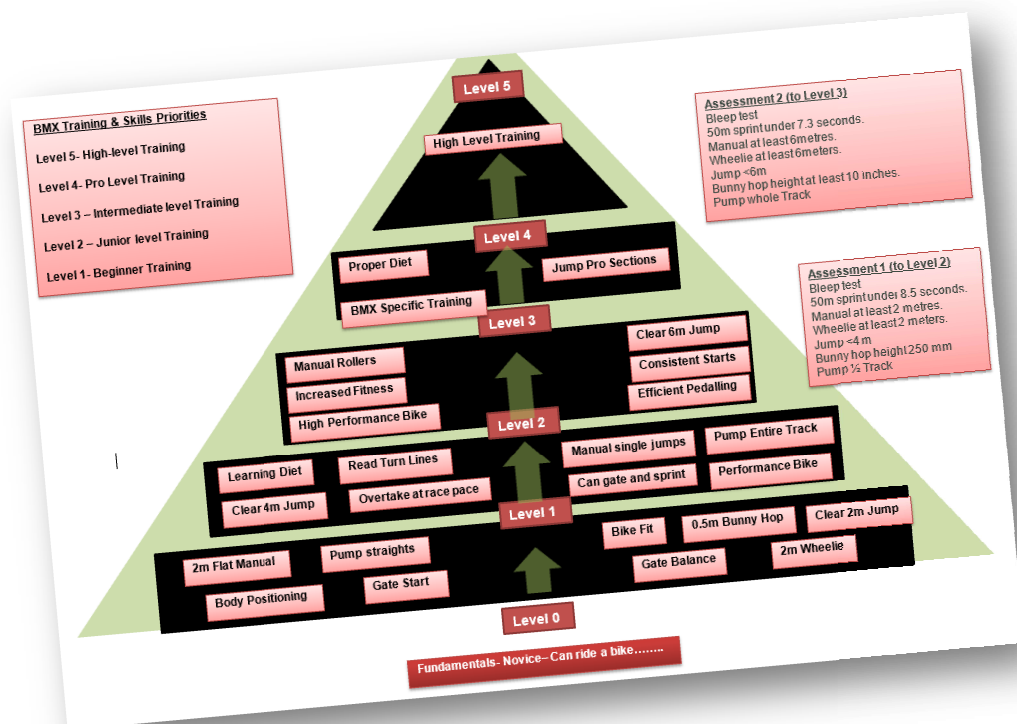
Introduction

The sport of BMX racing is very competitive at a national and international level. Whilst BMX Ireland believe that racing must be fun for the participants, the desire to race competitively is there for the kids, therefore they need to be coached a structured, well balanced skillset to be able to compete nationally, in the UK, European championships or on the Worldstage. With the right structure we can develop future Olympians for Ireland in the sport of BMX.

When you break it down BMX is a highly technical bikerace which requires the riders to be able to handle a bike, tackle obstacles at pace, race elbow to elbow with competitors, have the explosive power to sprint, and the fitness to do it repetitively across a single day.

This document is designed at advising club coaches on the areas of focus, and the system required to ensure that the kids are progressing with the correct skillset to be a successful athlete in later years. It also includes a template to assess riders abilities and to progress them up the hierarchy of levels, grading the riders accordingly.

The goal is give a structured approach to all clubs, to raise the bar of BMX in Ireland and to give riders and parents the best possible opportunity in to progress in the sport of BMX.



The “Fundamentals of BMX” programme

Before considering a hierarchy of BMX it's important to consider the very bottom of the triangle. This is level zero, and is the point where kids are enticed into the sport via club outreach and specifically the fundamentals programme.

The programme must start at the very basics, and at the grassroots level. The hierarchy of levels should have 100 kids feeding bottom and will only expect a handful of competitive high performance riders some years later. This stream is critical, as the stars of the future are the beginners today.

The fundamentals programme is designed to bring new kids into the sport, and provide kids with very basic bike skills and demonstrate what a BMX race looks like. The skillset required at Fundamentals level is to teach kids to safely navigate the BMX track, but obviously does not constitute a coached programme. Clubs must continue to outreach with this programme, as it feeds the large pool of BMX riders at ground floor level.

For fundamentals guidance see separate doc (below). The guidance within this document is for club level coaches to focus on the next level of skill to nurture skilled racers for the future.



BMX fundamentals
Programme Guidelin



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Assessment / Grading system

There will be kids (and adults) who will use the BMX track recreationally, and will not wish to be part of any grading, and that should be accommodated at separate times, however for those wishing to progress from a complete novice to a budding professional it takes steps/ levels along the way. These levels will naturally take a rider through a series of ability based milestones. This document is compiled on the basis of these milestones at the following graded levels:

Level 0-	Fundamentals Rider- Can ride a bike, and will be trained to navigate a BMX track
Level 1-	Coached regularly after Fundamentals- No assessments
Level 2-	Coached regularly- Passed Assessment (L2)
Level 3 –	Coached regularly- Passed Assessment (L3)
Level 4-	Pro level Training – High Performance Pathway (L4) (Must be Aged 13 at test date)
Level 5-	High Level Training- High Performance Team Selection (L5) (Must be Aged 15 at test date)

The system is designed to give riders levels and targets to meet along the journey whilst educating them in the ways of structure, commitment, training, nutrition and bike skills.

Whilst the assessments are primarily designed to grade a rider for the relevant coaching levels, they are also designed to give that rider tangible, measurable targets along the way.

As a coach, it will be imperative that this is regularly discussed with parents and kids so that they understand that this is designed to create a well-rounded rider, capable of more than navigating a BMX track.

Progression

As a rider progresses through the levels (from zero to five) they will be expected to increase their skillset, meet progressing targets in fitness, increasing levels of skill, and increasing race based results nationally and Internationally. Again it is important that this “expectation” is discussed with the riders (and their parents) during the journey.

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Development Areas

The following areas will be the main focus of development , coaching, and assessment. The assessment criteria remains the same, with incremental gains along the way.

<ul style="list-style-type: none">• Competing regularly
<ul style="list-style-type: none">• Becoming competitive at a national/ international level
<ul style="list-style-type: none">• Attending regular club coaching sessions, and aware of the rules.
<ul style="list-style-type: none">• Willing to progress
<ul style="list-style-type: none">• Enthusiastic and self-motivated
<ul style="list-style-type: none">• Learning independence - Packs & brings correct kit bag
<ul style="list-style-type: none">• Nutrition – From race day eating to nutritional planning• First Aid Training• Learning Bike maintenance• Mindfulness& Growth Mindset <p><i>*See appendices</i></p>
<ul style="list-style-type: none">• Overall Fitness – Improving Fitness. - Measured via a bleep test.
<ul style="list-style-type: none">• Sprinting – Improving speeds
<ul style="list-style-type: none">• Manual – Continual Progression
<ul style="list-style-type: none">• Wheelie - Continual Progression
<ul style="list-style-type: none">• Jumping - Continual Progression
<ul style="list-style-type: none">• Bunny Hop- Continual Progression
<ul style="list-style-type: none">• Pumping- Continual Progression
<ul style="list-style-type: none">• Gate starts Continual Progression towards 8m hill
<ul style="list-style-type: none">•

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Coaching & Assessment

The coaching will largely be carried out at Club level, but at level 3 & 4 a “Regional coach” will make the assessment. The level 5 will be assessed by the “High Performance “ coach as below:

Level		Assessing Coach	Quantity	Frequency
Level 0	Fundamentals Rider- Can ride a bike, and will be trained to navigate a BMX track	Club Facilitator/ Coach	Unlimited	As much as possible/required
Level 1	Coached regularly after Fundamentals- No assessments	Club Facilitator/ Coach	Unlimited	As much as possible/required
Level 2	Coached regularly- Passed Assessment (L2)	Club Coach	Unlimited	As much as possible/required
Level 3	Coached regularly- Passed Assessment (L3)	Club Coach &Regional Coach Assistance	Unlimited	3 times per year
Level 4	Pro level Training/ High Performance Pathway - Passed Assessment (L4) * Must be aged 13 on the test date	Regional Coach	Limited to 16 riders	Twice a year
Level 5	High Level Training- High Performance Team Selection Assessment (L5)	High Performance Coach	Limited to 8 riders	Annually

* A level 2 assessment is the test that is required to progress a rider from level 1 to level 2, and likewise from 2 to 3 etc. When a rider has passed this assessment he can then be categorised at that level for the coaching sessions

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thereafter. If a rider fails to maintain the required commitment/ skills or fitness etc he/she can be demoted to a lower grade at the coaches discretion.

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BMX Training & Skills Priorities

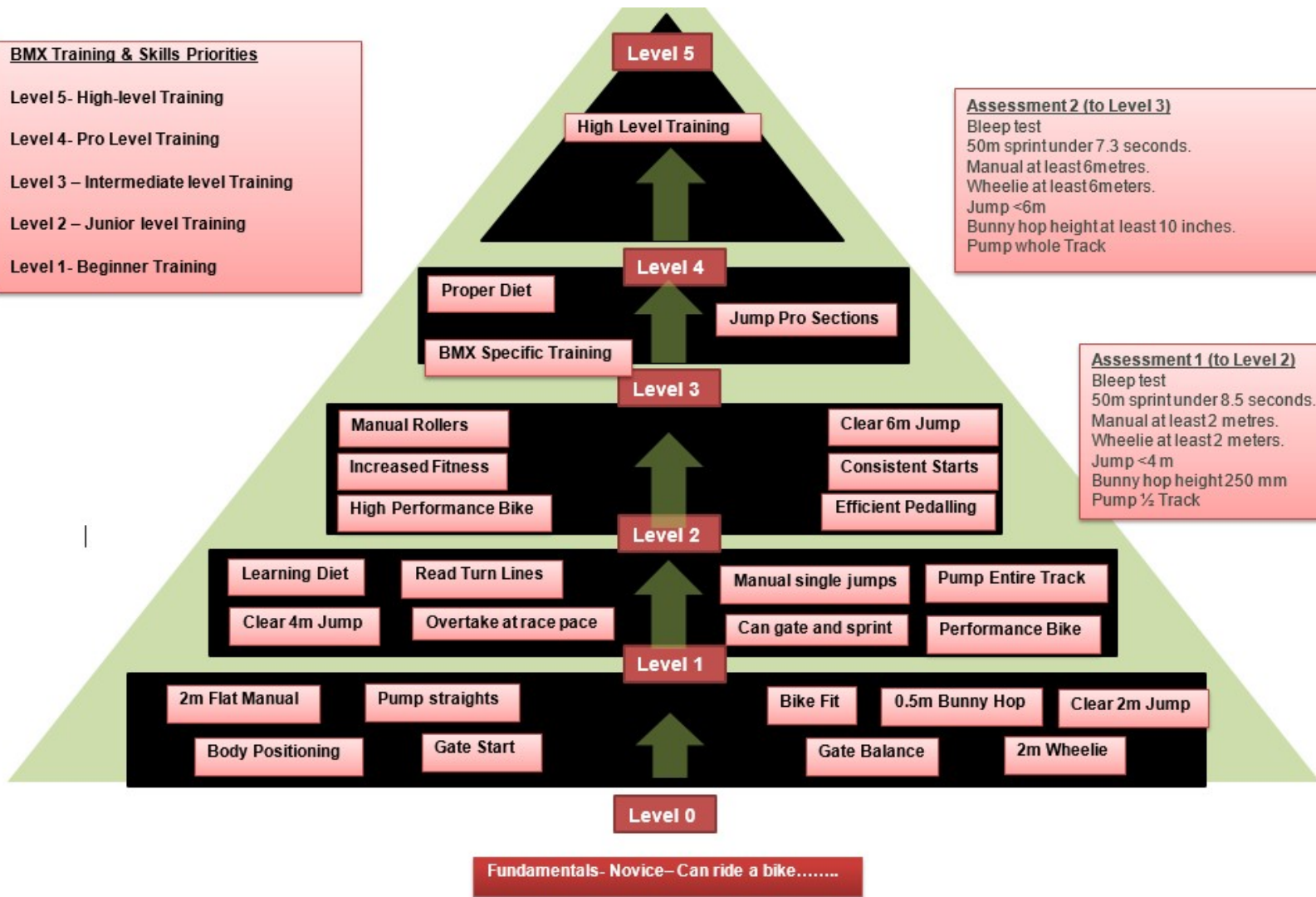
- Level 5- High-level Training
- Level 4- Pro Level Training
- Level 3 – Intermediate level Training
- Level 2 – Junior level Training
- Level 1- Beginner Training

Assessment 2 (to Level 3)

- Bleep test
- 50m sprint under 7.3 seconds.
- Manual at least 6metres.
- Wheelie at least 6meters.
- Jump <6m
- Bunny hop height at least 10 inches.
- Pump whole Track

Assessment 1 (to Level 2)

- Bleep test
- 50m sprint under 8.5 seconds.
- Manual at least 2 metres.
- Wheelie at least 2 metres.
- Jump <4 m
- Bunny hop height 250 mm
- Pump 1/2 Track



The Golden Rules of BMX Racing

The coaching must school the “Golden rules of BMX”

Rider will be expected to follow all instructions given to them by any commissar or official at any time during the course of the event.

During a BMX race:

- 1. Every rider (and parents) must at all times observe such conduct as reflects the ideals of good sportsmanship, fair play and must avoid any conduct which may bring himself or the sport of BMX into disrepute.**
- 2. All riders must have a correctly coloured number plate & side plate**
- 3. No obscene or bad language will be tolerated by riders (or parents).**
- 4. No deliberate Interference is allowed on the track between riders.**
- 5. No deliberate “force off” the track is allowed.**
- 6. No intentional crossing the track boundary markings (i.e the white lines within turns).**
- 7. Any track re-entrance must not gain an advantage nor cause deliberate interference.**
- 8. No obstruction is allowed on the final straight- The lead rider shall have the right to choose his line on the track and through the corners. When on the final straight, however, the lead rider shall not deliberately obstruct another rider from passing**
- 9. No tactical riding- helping other competitors to gain a higher finishing position is prohibited**
- 10. No exuberant showing off or styling, that may cause danger on the track**

Club coaching & Assessment

Clubs are encouraged to facilitate “level 1” coached sessions after their specific fundamentals sessions. These should be level 1 only riders, and should be seen as the novice stream to the sport. Club should nurture this stream of riders with “novice “ racing at club level etc, and specific awards for this level. Clubs are encouraged to get coaching facilitators/ junior coaches involved at this level.

At Level 2, after the first assessment all coached group sessions should be based on the skillset of the riders, with all groups working together based on their level.

Club coaching at level 2 should encompass skills relevant to that level and striving to the next level.

The coaches should identify particular elements of the track that meets that assessment marker, and repeatedly use that for all assessments, so as to be fair and reasonable. (i.e identify a level 2 manual, a level 2 jump etc).

Club coaches will assess all level 2 riders.

Club coaches, with assistance from a Regional coach, will assess the riders capability for level 3, at regular intervals throughout the year.

Regional Coaching & Assessment

When a rider is deemed ready for a “level 4” assessment, this will be carried out at a regional assessment day, by the Regional coaches. The Regional coaches will carry out the assessment twice a year, and will grade/ defer accordingly based on the L4 tests.

All riders will receive feedback, and areas of focus depending on their strengths/weaknesses, as per L4 assessment form. All Level 4 riders must be 13 at the age of assessment, and already L3 certified.

Regional Coach / Development Officer (South Ireland)

Regional Coach / Development Officer (Northern Ireland)

Successful level 4 riders will be considered as the “Pathway” to the High performance team (L5) and should train together and be coached/ supported like a junior team. All Level 4 will be coach supported from BMX Ireland, and will be encouraged to train towards Level 5. There will be regular interaction with the regional coaches, and will include some high performance assistance along the way. This assistance will be open to all riders at Level 4, but should numbers increase substantially they will be limited to the best 16. (The criteria for such will be agreed in due course)

There will be a number of Level 4 specific coaching sessions throughout the year. (Program to be agreed with Regional Coaches)

It must be emphasised that when a rider reaches level 4 & 5 (pathway or national team), they will be representing their national BMX team. Their conduct is expected to be exemplary and to act as role models for others to follow.

At these level all riders will be expected to follow their training plans rigidly, and fulfill their side of the coaching agreement by completing all reports/ diaries (as requested by the coach). Failure to committ may result in a rider being demoted from the team, and coaching support being withdrawn.

High Performance Coaching & Assessment

When a rider is deemed ready for a “level 5” assessment, this will be carried out by the the High Performance (HP) Coach.

The HP coach will carry out an annual assessment, and will grade the riders at Level 5 accordingly. There will be regular interaction with the HP coach, and each rider will receive a personalised plan with realistic goals, targets and training aids.

The riders will at this level be expected to be self driven, hard working and self motivated.

This HP assistance will be open to all riders at Level 5, but should numbers increase substantially they will be limited to the best 8 for Team Training. (The criteria for such will be agreed in due course, but most likely shortlisted on commitment and results)

There will be a number of Level 5 specific coaching sessions throughout the year. (Program to be agreed with HP Coach)

High Performance Coach (All Ireland)

High Performance Team Manager

At this level riders will be representing Ireland in the “Elite Team”, with the Ultimate goal of UCI World Cup qualification, and representing Ireland at the the Olympics.

As aspirational as this is; firstly the riders will be expected to commit to the attending the British National series, European Championships and the World Championships per year.

This may, of course, be financially unviable for all, but the High Performance Manager (BMX Ireland) will help the riders plan their year, and BMX Ireland will help financially where possible and plan the budget that is available.

(Budget & schedules to be agreed with BMX Ireland Team Manager & HP coach)

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Assessments

Name :	Date:	Age:
L2 - LEVEL 2 ASSESSMENT - Carried out at Club Level		
	Please tick / Sign	
Have competed at Irish national level events.		
Have transferred past moto stage at Irish Nationals		
Attending regular club coaching sessions.		
Showing a willingness to progress.		
Showing a suitable level of enthusiasm and self-motivation.		
Has attended a Bike Maintenance Course- Level 2		
Packs & brings correct kit bag and equipment needed for the session (at 9 years old)		
Eats well during events, and the correct foods		
Aware of BMX Racing Rules & Good practise		
	Target	Actual
Bleep Test 20m	Average	
50m Sprint Time	8.5 sec	
Manual Distance (On track)	2m	
Wheelie Distance (Flat ground)	2m	
Jumping Distance	4m	
Bunny Hop	0.5m x 100mm (high)	
Pump	Second Half of track	
Gate start	Un-assisted balance	
<u>Coach Notes & Advice – FLAT PEDALS ONLY</u>		

Rider Progression & Assessment

Bleep Test– Scoring Guidance

Boys

Age	very poor	poor	fair	average	good	very good	excellent
9	< 2/2	2/2-3/4	3/5-4/4	4/5-5/4	5/5-6/4	6/5-7/7	> 7/7
10	< 2/2	2/2-3/5	3/6-4/5	4/6-5/5	5/6-6/6	6/7-8/1	> 8/1
11	< 2/2	2/2-3/6	3/7-4/7	4/8-5/8	5/9-6/10	7/1-8/6	> 8/6
12	< 2/2	2/2-3/8	4/1-5/1	5/2-6/4	6/5-7/6	7/7-9/3	> 9/3
13	< 2/4	2/4-4/2	4/3-5/6	5/7-6/9	6/10-8/3	8/4-10/1	> 10/1
14	< 2/6	2/6-4/5	4/6-6/1	6/2-7/4	7/5-8/9	8/10-10/9	> 10/9
15	< 2/7	2/7-4/7	4/8-6/3	6/4-7/7	7/8-9/2	9/3-11/3	> 11/3
16	< 2/8	2/8-4/9	5/1-6/6	6/7-7/10	8/1-9/6	9/7-11/8	> 11/8
17	< 3/1	3/1-5/2	5/3-6/8	6/9-8/3	8/4-9/9	9/10-12/1	> 12/1

Girls

Age	very poor	poor	fair	average	good	very good	excellent
9	< 2/2	2/2-3/1	3/2-3/8	4/1-4/6	4/7-5/4	5/5- 6/6	> 6/6
10	< 1/7	1/7-3/1	3/2- 3/8	4/1-4/7	4/8-5/6	5/7- 6/8	> 6/8
11	< 1/6	1/6-2/8	3/1- 3/8	4/1-4/8	4/9-5/8	5/9-7/1	> 7/1
12	< 1/5	1/5-2/8	3/1-4/1	4/2-4/9	5/1-5/9	6/1-7/3	> 7/3
13	< 1/5	1/5-3/1	3/2-4/1	4/2-5/1	5/2-6/1	6/2- 7/5	> 7/5
14	< 1/5	1/5-3/1	3/2-4/1	4/2-5/1	5/2-6/2	6/3- 7/6	> 7/6
15	< 1/5	1/5-3/12	3/2-4/2	4/3-5/2	5/3-6/3	6/4-7/7	> 7/7
16	< 1/5	1/5-3/1	3/2- 4/2	4/3-5/2	5/3-6/3	6/4-7/8	> 7/8
17	< 1/5	1/5-3/1	3/2-4/2	4/3-5/3	5/4-6/4	6/5- 7/9	> 7/9

Rider Progression & Assessment

Name :	Date:	Age:
L3- LEVEL 3 ASSESSMENT – Club Coach &Regional Coach Assessment		
	Please tick / sign	
Transferring to A finals in Irish National Level		
Transferring to 1/4 or 1/2 at British National Level		
Attending regular club coaching sessions, and training at home/ individually		
Showing a willingness to progress.		
Demonstrating warm/ cool down after sessions		
Showing a suitable level of enthusiasm and self-motivation.		
Has attended a Bike Maintenance Course- Level 3		
Packs & brings correct kit bag and equipment needed for the session (at 9 years old)		
Eats well during events, and aware of the correct foods for competing.		
	Target	Actual
Bleep Test 20m	Good	
50m Sprint Time	7.8 sec	
Manual Distance (On track)	6m	
Manual Distance (Flat ground)	3m	
Wheelie Distance (Flat ground)	6m	
Jumping Distance	6m	
Bunny Hop	1m x 250mm (high)	
Back hops	3	
Pump	Whole track	
Gate start	Consistent & driven	
Can overtake well	In Training drills	
<u>Coach Notes & Advice - FLAT PEDALS ONLY</u>		

Rider Progression & Assessment

Name :	Date:	Age:
L4- LEVEL 4 ASSESSMENT – Regional Coach Assessment		
	Please tick / sign	
Transferring to A finals in Irish National Level		
Transferring to A/B Finals at British National Level		
European/ World Competition- 1/8s or 1/4s		
Attending regular club coaching sessions, and training at home/ individually. Gym work @ 16yrs		
Showing a willingness to progress		
Demonstrating warm/ cool down after sessions		
Showing a suitable level of enthusiasm and self-motivation.		
Correct Nutrition- Following a Nutrition Plan		
Has attended a Bike Maintenance Course- Level 4		
	Target	Actual
Bleep Test 20m	Very Good	
50m Sprint Time	7.2 sec	
Manual Distance (On track)	Double Manuals	
Manual Distance (Flat ground)	5m	
Wheelie Distance (Flat ground)	10m	
Jumping Distance	Pro line	
Bunny Hop	1m x 300mm (high)	
Back Hop	10+	
Pump	Whole track	
Gate start	Consistent & driven	
Can overtake well	In Race	
<u>Coach Notes & Advice –CLIP PEDALS ALLOWED</u>		

Rider Progression & Assessment

Name :	Date:	Age:
L5- LEVEL 5 ASSESSMENT – High Performance Coach		
	Please tick / sign	
Winning/ Podium A finals in Irish National Level		
Podiums in A Finals at British National Level		
European/ World Competition- 1/4s 1/2s or Finals		
Attending regular club coaching sessions, and training on programme. Gym work @ 16yrs		
Showing a desire/ motivation to win		
Knowledge in off bike Training		
Correct Nutrition- Pro nutrition		
Training Diary/ Coaching work sheets		
Has attended a Bike Maintenance Course & Gearing- Level 5		
	Target	Actual
Bleep Test 20m	Excellent	
50m Sprint Time	6.8 sec	
Manual Distance (On track)	¼ - ½ straight	
Wheelie Distance (Flat ground)	20m	
Jumping Distance	Pro line	
Bunny Hop	1m x 500mm (high)	
Pump	Whole track	
Gate start	8m start hill	
Can overtake well	In Race	
<u>Coach Notes & Advice -CLIP PEDALS ALLOWED</u>		

Appendices

In some of these learning topics its not deemed that they should attend courses specific to the riders ability on a bike (i.e their level) and rather by their age. For example first aid, nutrition and mindfulness are all skills that are better trained at an age rather than bike ability.

Appendix 1 - Bike Maintenance learning Outcomes

Level 1-3

By themselves a rider can learn to:

- Check the bike for safety, before riding using the M-check procedure.
- Prepare the bike for travel: loosen stem bolts (turn handlebars sideways) and remove the pedals

With a little help a rider can:

- Adjust the rear brake
- Understand habits needed to keep the bike in good condition between rides (e.g. wiping down frame, checking appropriate level of lubricant on chain)

Level 4:

By themselves a rider can:

- Remove and refit rear wheel, using chain tensioners appropriately
- Remove a tyre and tube, then refit
- Remove rear brake shoes, then replace and adjust

With a little a rider can:

- Replace a chain
- Remove cranks & bottom bracket
- Understand the concept of gear ratios

Level 5:

By themselves a rider can:

- Remove main elements of the bike: wheels, chain, headset and pack a travel bag
- True a wheel, using the bike frame as a truing stand
- Calculate gear ratios for the track they are racing.

With a little help a rider can:

- Strip down a BMX to its component parts and rebuild

Appendix 2 - Mini First Aid- Learning Outcomes

During the stages its important that kids learn first aid, which apart from being useful at the track is a great life skill.

Mini First Aid Kids

- Designed for children aged 7-11
- Children learn to deal with bumps, burns, breaks and bleeding, carry out CPR and deal with choking.
- The class is practical, lots of fun and involves lots of activities for the children to enjoy.

Mini First Aid (Teens) is for children aged 12-16

- This class enables them to deliver first aid if no adults were available.
- 2-hour session,
- Teens learn to carry out CPR and deal with choking, deal with head injuries, burns, breaks, bleeding, asthma attacks and allergic reactions.
- Meets the KS3 National Curriculum Requirements in England & Wales. A practicalclass, lots of fun and involves lots of activities for the children to enjoy.

Appendix 3 - Nutrition- Learning Outcomes

For kids aged 6-11 yrs (with family present): a relaxed talk/chat around a food display with visuals, easy acceptable ideas of what to eat during the day for stamina and long acting energy when competing.

For those aged 12-14 a more detailed talk/chat on why foods are important for their sport and what foods they can still eat and enjoy without being boring. Food display and quiz should be included.

For the 15+ age group (who are serious about their sport most likely level 4/5 kids) a specialist nutritional expert should be sought to discuss foods for daily consumption, and foods to fuel training and racing etc. This should be a detailed nutritional plan to help with performance, and tailored to each rider.

Appendix 4- Mindfulness- Learning Outcomes

Mindfulness is the practice of **being in control of your mind**, rather than your mind controlling you. For a child, mindfulness is a critical life skill that will **aid them in achieving success and developing self-control**. Mindfulness also **increases children's awareness of the physical world around them and encourages children to be compassionate to themselves and others**.

These are important attributes of any successful sports person.

Activities are likely to include:

- Breathing exercises
- **Developing a growth mindset**
- Boosting self-esteem
- Children's yoga

This is a big area of development for kids, and aspiring athletes. This should be continually considered for all kids, and all levels with workshops throughout the racing careers.

The growth mindset is essential for aspiring athletes, and should be coached to the kids as they travel through the skills matrix.