

NATIONAL DEVELOPMENT COACHING

# NATIONAL CAMPS



## WHAT IS NATIONAL DEVELOPMENT COACHING?

The NDC program slots nicely between Might 11's and the CNZ HUB programs and is a series of clinics throughout the country that are designed to help develop certain characteristics and strengths of our younger riders.

## WHO IS IT FOR?

ALL licensed riders UCI 12(for 2018 camps), 13 & 14 years\* - Boys **AND** Girls of **ALL abilities & levels.**

## BMXNZ NATIONAL DEVELOPMENT COACHING CAMPS

### CAMP 1

Prior to Norths - **MOUNTAIN RAIDERS** - Completed

### CAMP 2

Post Norths - **TAURANGA** - Completed

\* open to 2018 UCI 12/13/14yrs

### CAMP 3

Mid season - **KAPITI** - Completed

\* open to 2018 UCI 12/13/14yrs

### CAMP 4

Mid season - **HUTT VALLEY THUNDERBOLTS** - Completed

\* open to 2018 UCI 12/13/14yrs

### CAMP 5

Prior to NATs - **NORTH AVON CHRISTCHURCH** 15th December 12-3pm

\* open to 2018 UCI 12/13/14yrs

### CAMP 6

Prior to Souths - **DUNEDIN** - 10th January 12-3pm

\* open to 2019 UCI 13&14yrs

### CAMP 7

Prior to HB NQM - **HAWKES BAY** 9th February, 11am - 2pm

\* open to 2019 UCI 13&14yrs

You must register & pay for these camps online at <http://nzbm.x.club/events/> or via your **BMXNZ rider profile**

**SDP TRAINING CAMP COST - \$25 per camp**

# NATIONAL DEVELOPMENT COACHING NATIONAL CAMPS



## BMXNZ NATIONAL DEVELOPMENT COACHING CAMPS

### WHAT DO WE HOPE TO ACHIEVE?

- To effectively develop and extend skills for 13/14yr riders in New Zealand.
- Uncover the root of mindset problems or insecurities and equip athletes with tools and the mindset to overcome them on their own.
- To explain the expectations of the Hub program.
- To help develop the skills and confidence of club-level riders and encourage them to compete Nationally.
- Help develop a friendly environment where riders can ride together, feed off each other and challenge one another while still racing super competitively when 'the gate drops'.
- With so many distractions for this age-group, focus will also be on retaining them in BMX.

### RIDER EXPECTATIONS

- Riders are to behave in a responsible and courteous manner throughout. All rider behaviour should be friendly and well-mannered towards coaches, the program management and track hosts.
- Riders are to listen to, and cooperate fully with, the instructions of the coach and program managers at all times.
- Riders must wear the sport accepted safety gear to any program sessions.
- With any serious misconduct the NDC management retain at their discretion, the right to remove a rider from the session.

### RIDER DATA

- Any rider data or times may be taken & used for rider development.
- Rider data will not be distributed beyond the NDC environment and only used for rider development or possible rider selection purposes.
- All riders signing up for the NDC CAMPS agree for riding data to be recorded for self developmental purposes.

### MEDICAL COVER

- All riders must complete the NDC CAMP Rego form, including their contact details & any medical information.
- The NDC program management will seek medical aid for any riders involved in this session if such aid is considered necessary by the coach or manager on hand. Or administering the medication as prescribed in the medical form.
- The NDC program management must be advised of any known medical condition which is infectious or contagious, to assure that appropriate precautionary action can be taken
- The NDC program management will exercise all reasonable care in respect of any rider during the NDC Session but not withstanding I agree that BMXNZ and NDC management will not be in any manner liable for any injury or accident suffered by any rider or for any damage to or loss of their possessions incurred during and sessions.

### BMXNZ EVENT HEALTH & SAFETY STATEMENT

BMXNZ, The Regions & BMX Clubs involved will comply with the requirements of the Health and Safety in Employment Act 2015 by committing to providing and maintaining a safe and healthy environment for all riders, families and visitors to the BMX Event facility. It is the sports policy to "make every practical and reasonable effort to protect all visitors, to prevent accidents or serious harm injuries and promote safety and welfare of all persons while on the event facility".

BMXNZ, The Regions & BMX Clubs involved will take all possible steps to list and evaluate hazards and to determine solutions to eliminate or minimise those hazards as part of the Risk Management Plan (RMP), to meet the sports policy noted above.

BMX Racing is an action sport & inherently has risks that are accepted as part of sport. All known risks are noted in the BMXNZ Meeting RMP & this is available onsite during any event. Parties wanting to assess the RMP prior to entry must contact the club for detail. Entry to this event confirms an understanding of the risks of the sport as noted in the RMP. In the event of injury to an event participant, a completed entry is consent to proper medical treatment being administered. Event entry also consents to submit to drug testing if required. All entrants agree to be bound by the regulations and general conditions for this event as published by BMXNZ in its latest rule book. Any reference to BMXNZ within this flyer or entry is referring to BMX New Zealand Inc.

Safety and safe practices at all BMXNZ calendared events are not negotiable and failure by anyone to comply by the code of conduct or rules of the sport will result in the removal of such person from the event facility.

### FURTHER DETAILS:

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THANKS TO THE FOLLOWING CLUBS FOR MAKING THIS HAPPEN

