

MTBA South Australian XCO Junior Development Squad



Applications are open now for the MTBA Regional Junior Development program which includes an XC squad based in Adelaide. The Adelaide squad will be run by MTBA's Coach Education Coordinator and Adelaide Mountain Bike Club member Evan James (MTBA/NCAS Level 1 and UCI Level 2 MTB Coach) and will consist of a series of group training sessions with the ultimate goal of travelling together and competing at the MTBA National Championships on the Gold Coast in March 2017.

To see the media release of the full regional program go to the MTBA website [here](#).

To register your interest in the program go to the online form [here](#) (select Adelaide XC). If you are more interested in gravity racing there is also an Adelaide DH program (info [here](#)).

Specifics of the Adelaide XC program are still being finalised and the exact format will be partially dependant on the applications received. A basic outline is below and Evan can be contacted at devcoordinator@mtba.asn.au to discuss any aspect of the program further.

General Information

Program Duration: Mid-September to Late March.

Athlete Age: Born 1999 to 2002 inclusive (special dispensation for athletes just outside this age range may be available – please contact the coach).

Squad Size: Capped at 8.

Aim

To facilitate the development of junior XC riders aspiring to compete nationally at U15, U17 and U19 level, and ultimately represent Australia in international competition at U19 level and beyond. As well as introducing riders to higher level training, the program seeks to expose them to aspects of the MTBA high performance environment in terms of conduct and expectations. The program aims to provide all the above in a positive, inspiring and fun team environment.

Format

The program will consist of a minimum of 36 hours of face to face group coaching sessions with a focus on skills training. This will primarily be delivered as 2-3 hour sessions every 2-3 weeks. Also Included in the sessions will be –

- An introduction to strength and conditioning.
- Basic performance nutrition.
- Anti-doping. Drugs in Sport.
- Goal setting.

- Race day planning and preparation.
- Packing and preparing for interstate travel to races.
- Social media and representing sponsors.

As well as the trip to the MTBA National championships there will also be optional opportunities to travel to other MTBA National Series races in NSW and Victoria and race support selected local races. The exact session format will be finalised when applications have closed and will tailor the program as much as possible to the individuals selected and their availability.

Expectations

Athletes will be expected to –

- Be MTBA race members.
- Attend all training sessions (subject to injury, illness and school commitments).
- Compete in the Adelaide MTB Club XCO State Series, XCO State Championships and Summer Series races where possible.
- Travel with the squad and compete in the MTBA National Championships in Canungra QLD.
- Commit to the squad code of conduct.

Coaches

The majority of the coaching will be delivered by Evan James but some sessions will include guest coaches and mentor elite riders. It's also expected that trainee MTBA coaches will assist with many if not all of the sessions. Athletes already working with a personal coach are also encourage to apply. The program is designed to support and enhance any personal coaching and training programs and all efforts will be made to liaise with those coaches.

Costs

Squad Membership: \$550 (payable to MTBA on acceptance into the program). This includes all face to face coaching sessions, strength and conditioning sessions, nutrition / anti-doping lectures and support at selected events.

Special Coaching Sessions: The program may include 1 or 2 additional sessions utilising shuttle buses and trailers. The costs associated with these are additional to the program and will be communicated well in advance. Total cost is not expected to exceed \$100.

National Championships (and optional National Series) Travel: Travel expenses to these events is an additional cost and will be budgeted and communicated well in advance. Expected cost is approximately \$300-\$500 for accommodation, meals and ground transport plus airfares for each trip. Only national Championships is a compulsory part of the program.

Daily Coaching Training Plans: The program will include advice and example basic sessions for athletes to complete away from the program but does not include a comprehensive day to day training schedule. A full training program may be negotiated with the coach at an additional cost but is not compulsory.

Applications

Applications can be made online [here](#) and close on August 14. Applicants are not obliged to accept a place on the squad so anyone interested in the program is encouraged to apply so they receive additional information as the program is developed. Athletes will be notified of the selection process outcome within a few weeks of applications closing.