

SCA-PCP 2020 BMX 1st athletes.

PCP Motto:

- Create opportunities for Sask high performance youth athletes to develop by supplementing local club, coach and city offerings.

PCP Mission:

- Priority 1: Fill rosters at Multisport and National Championships.
 - Priority 2: Send athletes ready to compete for podiums at these events.
 - Provide opportunity for athletes to develop bike skills and fitness at SCA-PCP Projects in exchange for athlete agreement to try out for Cycling Multisport Games and Nationals. If selected athlete may represent Saskatchewan.
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SCA-PCP BMX Calendar 2020 Opportunities.

Note: Below is plan as of Feb 1, 2020. Plan is subject to change based upon athlete and project leader availability.

1. **Strength & Conditioning + Correctives.** January – April. Craven Sport Services in Saskatoon. Russ Down by appointment in Regina. Ongoing.
2. **February 21,22 Performance Camp, Olds, Alberta.** 5 males, 5 females max. Bring skills home.
3. **Provincial Race Series.**
4. **Alberta Race Series**
5. **Performance camp July 27, 2020. Saskatoon. SCA Prov Coach & OTB Coach Kiran Kowa.**
6. **Canadian Championships**

Additional services available to PCP- Performance athletes.

- Training Peaks Training/Coaching Option. Fitness Development.
- Group Nutrition Counselling Session.
- Group Mental Training Session.
- Prov Coach consultation and/or resource finding.
- Opportunity to apply for athlete assistance.
- Opportunity to receive performance incentive.
- Opportunity to receive subsidization for National and out of Province HP Projects. Case by Case if a team is not sent and event can be worked in.
- BMX athletes are recommended to learn to train on rollers in the winter on their BMX bike. 3 x per week and participate in appropriate cross training sports. Coach Kowa reports BMX pro's training on road bikes in the offseason for cardio and interval sprinting. Ask Coach Russ about an interval training program indoors on your BMX bike.

Note:

- Please refer to Provincial Head Coaches 2020 Calendar for **target events for all disciplines.** Organized according to date.

- BMX parents and athletes are to become familiar with the Canadian BMX LTAD and how to progress their BMX athlete to the sport described as “Performance BMX” in the LTAD, which begins at approximately age 13.