



ODP Sprint Athlete Selection Guideline.

The main focus of the Sprint program will be the Team Sprint, with the Olympic individual events as a secondary focus. Selected athletes will need to perform at a high standard in a standing start and have a wide range of effective race cadence capabilities. The Junior/Elite Pan American Championships will be the main racing aim of the program, with only time standard athletes eligible for Junior World Championship and Elite World Cup representation. The aim of this program is to create World Class Elite track sprinters, capable of medaling at the very highest levels of our sport, the focus will always be on appropriate long term athlete development, and never sacrificing that for short term success. The majority of Junior National and World Champions DO NOT go on to Elite success in that same sport, something we are conscious of and wish to avoid.

Athletes should be able to do the following basic track skills correctly

- Standing start from held/starting gate
- Ride a lap of the track looking backwards, without having to look forwards at all.
- 30s Track stand, bike turned down the track, right foot forward, without hopping
- Flying 200m TT approach on a 250m track
- Ride slowly on a steeply banked track
- Look behind without drifting up or down track
- Team sprint change in all the positions

Able to show understanding and proficiency in the following Strength & Conditioning exercises

- Overhead squat
- High bar back squat
- Deadlift, both Hex bar and traditional
- Pull up (assisted for female athletes)
- Plank/renege row variations

National level age group performance guidelines (these are not selection times, beating these times does not guarantee selection), all times are for a sea level 250m Velodrome.

Racing age 15

Male

- Sub 20.5 250m TT
- Sub 36.0 500m TT
- Sub 12.0 flying 200m TT

Female

- Sub 21.7 250m TT
- Sub 38.5 500m TT
- Sub 13.0 flying 200m TT

Racing age 16

Male

- Sub 19.5 250m TT
- Sub 35.0 500m TT
- Sub 11.5 flying 200m TT

Female

- Sub 21.2 250m TT
- Sub 37.7 500m TT
- Sub 12.5 flying 200m TT

Racing age 17

Male

- Sub 19.0 250m TT
- Sub 34.0 500m TT
- Sub 11.0 flying 200m TT

Female

- Sub 21.0 250m TT
- Sub 36.5 500m TT
- Sub 12.25 flying 200m TT

Racing age 18

Male

- Sub 18.5 250m TT
- Sub 33.0 500m TT
- Sub 10.7 flying 200m TT

Female

- Sub 20.5 250m TT
- Sub 35.5 500m TT
- Sub 11.85 flying 200m TT

Racing ages 19-21

Male

- Sub 18.0 250m TT
- Sub 32.0 500m TT
- Sub 10.2 flying 200m TT

Female

- Sub 19.5 250m TT
- Sub 34.5 500m TT
- Sub 11.2 flying 200m TT

We are looking for riders with true long term Elite/Olympic medal potential. Attitude and coachability are just as important as physical talent and will be included in our selection process. The athlete should show a passion for winning and an understanding of the history of track cycling as a sport.

Advice on gearing for developing athletes.

We will be looking at athletes who have a wide range of effective cadence ability to suit the various sprint events.

The majority of a developing athletes training should be done over race cadance/under race gearing. Use cadence as your guide for gear selection, as varying conditions and the equipment you use can have a big effect on speeds/times.

U15 max gearing should be 86", majority of training should be in the 79-84" range

U17 max gearing should be 94", majority of the training should be in the 84-90" range

U19 max gearing should be 100", majority of the training should be in the 88-96" range

It is vitally important to keep working on good neural conditioning and coordination at this critical development stage. There will be plenty of time for these athletes to up their gearing once they are more physically mature. It is no coincidence that many world level track sprint athletes started in BMX, where the gears are less than 60" and max race rpms can be 200 plus.

Please see separate "Age group Training guideline" doc with our suggested training levels and sessions for the various age groups. For all juniors, training and racing should be fun, the drive to succeed should come from the athletes themselves and NOT in the form of pressure from parents or coaches.