



NextGen BMX Development Camps

The goal of the NextGen program is to develop athletes to be on the pathway to the National team and World Cup racing. Each camp will teach athletes proper warm up and recovery, focus on the SX hill and specific areas of the track, and test the athletes' abilities on and off the course.

The first two camps in both the East and in the West will be open to all athletes ages 14 (2002) - 21 (1995) years of age. The final camp in each location will be for athletes selected to the 2017 NextGen team based on results at the 2016 Canada Cups and the previous camps (selection details to come).

West- Abbotsford

1. May 11-12 (open)
2. July 17-18 (open)
3. Sept. 10-11 (selected athletes)

East- Toronto

1. July 5-6 (open)
2. Aug. 11-12 (open)
3. Sept. 17-18 (selected athletes)

NextGen West Camp #1:

Dates: May 11-12

Coaches: Adam Muys – National Development Coach
Kit Wong – Strength & Conditioning Coach - CSI

Camp Fee: ~~\$150~~ \$75 (due to the lateness of the camp announcement)

Register: Email Adam Muys: adam.muys@cyclingscanada.ca

Camp Schedule:

Wednesday May 11 1:30-2:00 Warm up
 2:00-4:30 Track session
 4:30-5:30 Stretching & Recovery Session

Thursday May 12 9:30-10:00 Warm up
 10:00-12:00 Track Session
 2:00-4:30 Track Session