



MTBA Junior Development Camps are 5 day / 4 night live in camps designed to increase the experience and knowledge of off road riders aged 14 to 18. The camps are open to riders in the disciplines of Cross-country (XC), Downhill (DH), Gravity Enduro (GE) and Cyclo-cross (CX) and will include riding sessions specific to each discipline as well as a range of off the bike activities as a whole group. The schedule and sessions will vary slightly from camp to camp so as to maximise the use of local trails, infrastructure and coaching staff. Activities include:

- Skill development.
- Training sessions.
- Basic sports nutrition.
- Team building, operating in a team environment, and expectations of National Team members.
- Warm ups.
- Strength and conditioning.
- Recovery strategies.
- Goals and long term planning.
- Athlete brand identification and communication.

Athletes can attend multiple camps if they choose to and activities on camp are designed to allow riders with previous camp experience to participate in more advanced activities.

In addition **MTBA accredited coaches and skills instructors** are invited to attend the camp to assist the lead coaches and broaden their coaching experience. In particular Level 0 Skills Instructors local to camp venues are encouraged to attend.

2019 CAMPS

- **GOLD COAST - Monday July 1 to Friday July 5.**
 - **BLR Performance Centre (formerly Sports Super Centre), Runaway Bay.**
- **ADELAIDE - Monday October 7 to Friday October 11.**
 - **Nunyara Conference Centre, Belair.**

ELIGIBLE PARTICIPANTS

Athletes: The program is targeted at athletes aged between 14 and 18 (at Dec 31st 2019) covering second year U15, U17 and U19 race categories. Participants are expected to have a minimum of 2 years riding experience and are currently racing at club and state level at a minimum. A reasonable level of fitness is required to participate in all camp activities. The camps are NOT designed for beginners. All participants must be MTBA members.

Assistant Coaches / Instructors: Any fully accredited MTBA coach or skills instructor can apply to assist with the camps. First aid and Working with Children Clearances must be up to date. Coaches / Instructors are not required to attend for the full duration of the camp and can negotiate attendance with MTBA's Sport Manager.

STAFF

The program will be managed by MTBA's Sport Manager – Evan James and staffed from MTBA's network of accredited and highly experienced part-time and contract coaches and staff. In addition there will be a range of guest coaches, elite athletes and presenters.

INCLUSIONS

- All ground transport from the destination airport and during the camp.
- Accommodation.
- All meals / food.
- All camp activities.
- Mechanical support.

 [facebook.com/MTBA](https://www.facebook.com/MTBA)

 twitter.com/MTBAust

 [instagram.com/MTBAust](https://www.instagram.com/MTBAust)

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NON-INCLUSIONS

- Flights to and from the destination airport or local drop off (if located close the camp venue).

COST

Athletes: Costs vary depending on the discipline the athlete rides

- CX and XC athletes - \$595
- DH and GE athletes - \$675 (additional cost to cover shuttles)

Assistant Coaches: Will be required to pay basic accommodation and meals costs for the duration of their stay. Exact cost will be communicated directly with the coach by MTBA's Sport Manager during the application process.

APPLICATION AND REGISTRATION PROCESS

Athletes: Links to registration can be found on the [Junior Development page of the MTBA website](#).

- Applicants should complete the application form which includes a \$100 deposit. Flights should NOT be booked at this point.
- MTBA will review the application within 48hrs and send an email confirmation of acceptance. The email will include a link for the remainder of the camp payment which will need to be completed at least weeks prior to the camp start date. Applicants accepted into the camp at this point should book flights at this point.
- In the unlikely event an athlete is not accepted into the camp the deposit will be refunded in full.

Coaches and Skills Instructors: Applications from accredited coaches / instructors interested in assisting on camps should be directed to MTBA's Sport Manager via email – evan.james@mtba.org.au

FLIGHTS

Flight bookings are the responsibility of the athlete / parent. **Please do not book flights until you have been accepted into the camp and received the email containing the link to final payment.** Flights **MUST** be booked to arrive / depart within the following time windows. Please note Gold Coast camp participants must fly into Brisbane airport (not Coolangatta) due to the greater range of flights available and similar distance to the camp venue.

- **Gold Coast**
 - Arrive Brisbane Airport before 12 midday Monday July 1.
 - Depart Brisbane Airport after 1pm Friday July 5.
 - **Athletes wishing to combine the Gold Coast camp with the National Junior Travel Program trip to Mackay immediately prior please contact MTBA Sport Manager before booking flights.**
- **Adelaide**
 - Arrive Adelaide Airport before 12 midday Monday October 7.
 - Depart Adelaide Airport after 2pm Friday October 11.

MTBA recommends booking transferrable fares and/or using travel insurance.

CODE OF CONDUCT

All athletes and staff will be required to adhere to the MTBA Code of Conduct. The code is available on the MTBA website [HERE](#).

SCHEDULE AND WHAT TO BRING

Detailed schedules and packing lists will be communicated to registered participants in the lead up.

CANCELLATIONS

In the event an athlete is forced to withdraw through injury or sickness refunds will be available (minus an administration fee) with the presentation of a doctor's certificate. Refunds for reasons other than documented illness or injury will be at MTBA's discretion. This applies to both the initial deposit and the subsequent full payment.

For further enquiries please contact MTBA Sport Manager – Evan James evan.james@mtba.org.au

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