

### **BMX East Coaches report 2019/20**

Back in October 2019 I ran a data collection session to give an equal opportunity for all riders looking at joining the RSR sessions to display their skills and have their data collected.

The session and subsequent Development Centre session gave the region 16 riders, representing 4 of the regions 6 clubs who were eligible for RSR nomination.

Development centre sessions continued through December 2019 and January 2020 but due to logistics the third session planned for Cyclopark in February had to be cancelled.

The first formal RSR of the year was planned in for 22<sup>nd</sup> March but regrettable, Covid got the better of us and the development pathway was halted.

Through lockdown, I ran online sessions that were open to all with riders from across the regions clubs getting involved and BC developed an online programme to continue a skeletal RSR programme so that the riders continued to have interaction and input from the coaches and with each other. These have proved popular and have continued through the year in the absence of formal RSR sessions on tracks.

The 2020-21 DC sessions will commence on November 21<sup>st</sup> with a Data collection session to restart the process and riders looking to attend RSR will need to attend the session to have their data collated and to meet criteria for the next stage of the process.

Nominations for RSR must be submitted by 31<sup>st</sup> December 2020 and RSRs are planned to restart in January 2021.

I am delighted that Adam Gilbert from Braintree has been accepted onto the NSR programme for 2021 and we also have to East riders who will be accepted as guests onto the programme, 2 years ahead of the regular age groups.