



About the club

Southside BMX Club Inc. Is one of the oldest BMX Clubs in Western Australia. Located near the corner of Parry Avenue and Benningfield Roads in Bull Creek, the club has been providing a great environment for young people, and some older, to experience the excitement of BMX racing for over 25 years.

The aim of this information pack is to give you some information about the sport, the club and how you can enjoy the sport of BMX racing.

We hope that you enjoy your time with the club, improve your skills, meet some great people and, most importantly, have fun.

**Southside
BMX Club is
supported by:**



What is BMX Racing?

BMX Racing, short for Bicycle Moto Cross Racing, is a sport that involves riders of all ages, skill levels, and gender in a race around a specially designed dirt track. A BMX track varies in length from 300 to 400 metres and includes a number of jumps and corners. The track is designed with corners and jumps to test the riders' skills and fitness. A race is a single lap with a maximum of 8 riders. BMX racing is not jumping, trick, stunt or trials riding. Riders need to develop acceleration, speed, balance and an ability to respond quickly, in order to get around the track in the shortest possible time. BMX racing is an excellent way for riders to develop their bike riding skills.



Currently with more than 5,500 licensed riders, BMX racing is one of the largest bicycle sports in Australia. BMX racing is conducted at the club, inter-club, state, national and international levels. You make the choice about the level of your involvement. From 2008 it will also be an Olympic sport. Many of the current world titleholders in road racing and mountain bike riding started out as BMX riders, including WA's own Olympic Champion Ryan Bayley.

Who can Race?

Girls and boys, mums and dads, grandma's and grandpa's, from under 5 years to over 50 There are 4 age groups riders can start in.

1. **SPROCKETS** (participation class)

Caters for riders up to the age of 8 years, they participate for the purpose of gaining the skills required and receive awards and are covered under the Junior Sports Policy of BMXAustralia.

2. **JUNIORS** Aged 8 to 17 years

At this level riders now compete for awards.

3. **ELITE** 18 to 24 years

These groups compete for awards and prize money.

4. **MASTERS** 25+ years also compete for awards.

All riders race in the age group as at their year of birth. For example, if your child turns 10 during the year, this is the age they race. The exception to this, is the year that a child turns 8. In this age group, the child **MUST** race as a sprocket until they have their 8th birthday. Then they will race in an 8 year old age group.



Children aged up to and including 7 years, race as sprockets. This is a participation class, and means that finish positions for their races are not counted for points, as per BMXAustralia regulations.

When do we race?

Racing is on Saturday afternoons and starts at 4.30pm in summer and 3:30pm in winter. Please be at least 15 minutes early to nominate, so that racing can get under way promptly. Any nominations later than 10 minutes to gates down can enter but will not be scored. Racing consists of 5 motos (rounds) with three run and then a break before the final two motos are completed.

A ten minute break/track closure will be introduced between track practice and racing. This will enable racing officials to get into place and all riders to get ready and make their way to the gate. During this ten minute break the **TRACK WILL BE CLOSED**. Nominations will also close at this time.

If you would like a little extra practice, the club offers gate start practice each Thursday afternoon from 4:00 to 5:00pm.

How much racing can you do?

You can do as little or as much racing as you would like to. Throughout the year there are open day events, and a BMX Super Series. These are held at various clubs throughout Perth and the country areas usually on Sundays but sometimes Saturday nights in the hotter months. The Super Series is held at 8 different venues during the year with the rider's best 6 events counting toward a final place. There are 5 city & 3 country events and points for each meet are collected and go towards trophies and number plates at the end of the year. All OPEN licensed members are welcome to attend. Entry forms are available at the canteen or the BMXWA website.

Also, on some of these weekends of country meets, there may not be racing at Southside, due to many members and committee, being away. Riders will be notified at the previous meeting.

With Club Racing, we race in 10 week rounds, with the best 8 out of 10 results counting to the final result. Trophies are presented to age class riders, ranked 1st - 3rd for the round. Encouragement trophies are also given, to age groups up to 13 years. All sprockets will receive a Participation trophy if they complete at least 8 of our 10 week rounds.

Riders, who race all 10 weeks, will receive a full participation medallion, which will be presented before trophies are given out.

We race all year, with a break in the middle week of the school holidays, and a break over the Christmas holidays.



**What sort of
bike should
you use?**

You can race with any 20" or 24" BMX in good condition. Some sprocket rockets start on 16" bikes. Below we tell you about the safety procedures you must follow to ensure that any bike you race is safe both for yourself and the other riders on the track.

**Safety - What
do you need to
wear and do?**

Whilst Southside have control of the track, no riders unless they have the appropriate racing gear, will be allowed on the track.

Riders **MUST** wear full-length pants and top, (tracksuit is fine) a full-face helmet, (stack hats are not acceptable) and racing gloves. Some helmets are available from the canteen to be used by riders who have not yet purchased one.

Please note that rider's shirts **MUST** be tucked in, long socks that cover the ankle must also be worn or they **will not be able** to race.

Bikes are subject to a few safety regulations. The bike must be safe to ride and include padding to the gooseneck, handlebars and top frame. Mudguards, bells, chain guards, reflectors, pegs, carriers, stands and any other accessory that might cause injury must be removed. Please see the starting officials if you have any queries regarding this.

If your child falls during a race, Please do not go onto the track and put other riders at risk. Our First Aid team will assist your rider. In most instances the Race Director will ask the parent to come onto the track and comfort the child, if required. Parents and visitors are **not** to cross the track at any time during the race meet. This is for the safety of all riders and parents. Riders can approach the starting gate from the staging area only **not** from the front of the gate.

These are all safety rules in accordance with BMX Australia regulations, and **MUST** be adhered to.

BMX does not have to be an expensive sport, there is always a lot of 2nd hand bikes, and clothing etc. available for sale. We also have club racing shirts at the canteen for \$55.00. There are polo shirts available for parents at the same price. We also have club caps & bucket hats available for \$15 for kids and adults.



**How much
does it cost?**

FEES

All riders must be licensed before they can race at any club.

A **day license** can now be taken out for BMX. This is available at a cost of \$15 for the days racing and is only available to use on the day of issue. This day license will cover the rider completely as an open license does.

Open Licence

Annual fees are as follows:

BMX WA fees; Open riders and Sprockets	\$ 25.00
BMX Australia; Open riders and Sprockets	\$ 70.00
Southside BMX Club; all rider	<u>\$ 10.00</u>
Total cost for the year	\$105.00

(These fees are all compulsory, as they have an insurance component with them.)

A cheaper alternative is a **special license** which enables you to only race at your nominated club. This restricted license/club permit is \$50.00. The BMXWA fee is \$12.50, and Southside club fees \$10.00. **A total of \$72.50.** (This license will not cover you when Southside hold an open event.)

All Sprockets MUST have an open license.

You must carry your license at all race meets.

Fees to race are \$4.00 per rider for Southside members and \$4.50 for non-members.

A copy of your child's Birth Certificate **MUST** be produced, when first licensing your child. This will be sent with your application to BMX Australia.

When licensed:

Sprockets ride with an orange plate, and black numbers;

Open novice riders have green plates with white numbers; and

Expert riders have white plates with black numbers.

These are available at the canteen, or from most bike shops.



How can I get involved?

Without the dedicated help of volunteer parents Southside would not be here today. Volunteers are vital to the club and the sport as a whole.

We ask that, where possible, every effort is made to assist the club in some way, whether it is setting up before racing, helping with first aid, being a flag marshal during racing or assisting in the canteen. If you have a particular skill that you think may benefit the club and some time to give, please let us know. Your assistance will most certainly be appreciated.

Volunteers are needed to assist with various areas including track maintenance, administration, officials, coaching and canteen assistance. No experience is needed as full training is available. Parents make up the majority of volunteers in the sport.

The following page has a list of our current committee as well as an indication of the various roles volunteers can choose to contribute to. We have a committee meeting on the 2nd Monday of each month, which all members are welcome to attend. There is also a club newsletter that is available monthly.



Like to know more?

Hopefully, this has answered some of your questions on BMX and Southside. If you have any further questions, please don't hesitate to contact our President, Carl Hough -0417 998 040, or Registrar Wendy McKay - 9354 3117 or visit our website at <http://southsidebmx.tripod.com> or the BMX Sports WA website at <http://www.bmxsportswa.com.au>.

There is also a Riders Handbook available at the canteen for \$2.20.