Saturday Junior Club Diary events for 2016

SESSION State State Session State Se	Saturday Junior CLUB		Coaching Topic	<u>2016 DATES</u>
Snacks, weather etc. Ready position, pedal position, starting off / stopping, mounting / dismounting Coaching & Ride Session Sa Braking safely without skidding, use both front and back brakes Introduction to selecting the right gear, introduce 'easy' and hard' gears Coaching & Ride Session Sa Braking safely without skidding, use both front and back brakes Introducion to selecting the right gear, introduce 'easy' and hard' gears Coaching & Ride Session Sa Body position, weight distribution, importance of balance BFCC Race Series - Race 1 Race 1 Race 1 Race 3 Raide Session Sa Reinforce skills learnt in S2 - S6 Race 3 Race 4 Race 4 Riders to be encouraged to take part Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Race 3 Race 2 Race 2 Race 3 Race 4 Race 4 Race 5 Race 4 Race 5 Race 6 Race 6 Race 7 Race 7 Race 7 Race 7 Race 7 Race 8 Race 8 Race 8 Race 9	<u>SESSION</u>			
Oraching & Ride Session Sa Braking safely without skidding, use both front and back brakes Coaching & Ride Session Sa Introduction to selecting the right gear, introduce 'easy' and hard' gears Coaching & Ride Session Sa Body position, weight distribution, importance of balance BFCC Race Series — Ri RACE — Riders to be encouraged to take part Coaching & Ride Session Sa Riders to be encouraged to take part Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Coaching & Ride Session Sa Reinforce skills learnt in S2 - S6 Sa Reinforce skills learnt in S	Introduction to Season	S1		2 nd April
Coaching & Ride Session S3 braking safely without skidding, use both front and back brakes 16 th April both front and back brakes Coaching & Ride Session S4 introduction to selecting the right gear, introduce 'easy' and hard' gears 23 rd April introduce 'easy' and hard' gears Coaching & Ride Session S5 ines, pedal and body position 30 th April Coaching & Ride Session S6 Body position, weight distribution, importance of balance 14 th May importance of balance BFCC Race Series – Race 1 R1 RACE – RACE – RACE – Riders to be encouraged to take part 14 th May Rader Session Coaching & Ride Session S7 Balance, pedal and body position 21 st May Coaching & Ride Session S8 Reinforce skills learnt in S2 - S6 28 th May Coaching & Ride Session S8 Reinforce skills learnt in S2 - S6 28 th May Coaching & Ride Session S10 Introduction to race techniques 11 th June Coaching & Ride Session S11 Fun games using skills learnt so far 18 th June BFCC Race Series – Race 2 RACE - Riders to be encouraged to take part 2 nd July Coaching & Ride Session S12 Tackling gentle inclines, up and down, introducing small drop offs 2 nd July Coaching & Ride Session S12 RACE -	Coaching & Ride Session	S2		9 th April
introduce 'easy' and hard' gears Coaching & Ride Session S5 Lines, pedal and body position S6 Body position, weight distribution, importance of balance BFCC Race Series - R1 RACE - Riders to be encouraged to take part Coaching & Ride Session S8 Reinforce skills learnt in S2 - S6 Coaching & Ride Session S9 Getting used to riding safely in close proximity of other riders Coaching & Ride Session S10 Introduction to race techniques S11 Fun games using skills learnt so far BFCC Race Series - R2 RACE - Riders to be encouraged to take part Coaching & Ride Session S11 Fun games using skills learnt so far BFCC Race Series - R2 RACE - R3 RACE - R3 RACE - R3 RACE - R4 RAC	Coaching & Ride Session	S3	Braking safely without skidding, use	16 th April
Coaching & Ride Session Coaching & Ride Session S6 Body position, weight distribution, importance of balance BFCC Race Series - R1 RACE - Riders to be encouraged to take part Coaching & Ride Session S7 Balance, pedal and body position Coaching & Ride Session S8 Reinforce skills learnt in S2 - S6 Coaching & Ride Session S9 Getting used to riding safely in close proximity of other riders Coaching & Ride Session S10 Introduction to race techniques Coaching & Ride Session S11 Fun games using skills learnt so far BFCC Race Series - R2 RACE - Race 2 Riders to be encouraged to take part Coaching & Ride Session S12 Tackling gentle inclines, up and down, introducing small drop offs Coaching & Ride Session S13 Looking for lines on the trail or during a race BFCC Race Series - R3 RACE - R4 RACE - R4 Race 3 Coaching & Ride Session S14 Change a tube, put chain back on, clean and check bike Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 S17 ACE - R6 RACE - R7 August R10 August R11 August R12 August R13 August R14 August R16 Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE - R7 August R10 August R10 August R10 August R10 August R10 August R11 August R12 August R13 August R14 August R15 August R16 Sept R17 August R18 August R18 August R19 August R19 August R19 August R10 Au	Coaching & Ride Session	S4		23 rd April
importance of balance BFCC Race Series - R1 RACE - Riders to be encouraged to take part Coaching & Ride Session S8 Reinforce skills learnt in S2 - S6 28 th May Coaching & Ride Session S9 Getting used to riding safely in close proximity of other riders Coaching & Ride Session S10 Introduction to race techniques Coaching & Ride Session S11 Fun games using skills learnt so far R2 RACE - Riders to be encouraged to take part Coaching & Ride Session S12 Tackling gentle inclines, up and down, introducing small drop offs Coaching & Ride Session S13 Looking for lines on the trail or during a race BFCC Race Series - R2 RACE - R3 RACE - R3 RACE - R3 RACE - R4 RACE - R4 RACE - R5 RACE - R6 RACE - R7 R	Coaching & Ride Session	S5	Lines, pedal and body position	30 th April
BFCC Race Series – Race 1 Race 2 Race 3 Reinforce skills learnt in S2 - S6 Reinforce skills learnt so far Reinforce skills learnt in S2 - S6 Reinforce skills learn	Coaching & Ride Session	S6		7 th May
Coaching & Ride Session S8 Reinforce skills learnt in S2 - S6 28 th May Coaching & Ride Session S9 Getting used to riding safely in close proximity of other riders 4 th June Coaching & Ride Session S10 Introduction to race techniques 11 th June Coaching & Ride Session S11 Fun games using skills learnt so far 18 th June BFCC Race Series - R2 RACE - 25 th June Race 2 Riders to be encouraged to take part 2nd July Coaching & Ride Session S12 Tackling gentle inclines, up and down, introducing small drop offs 2nd July Coaching & Ride Session S12 Looking for lines on the trail or during a race 9 th July BFCC Race Series - R3 RACE - 16 th July Race 3 Change a tube, put chain back on, clean and check bike 23 rd July Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 30 th July Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6 th August Brighton Littledog Race R4 RACE - 13 th Au		R1	RACE -	·
Coaching & Ride Session S8 Reinforce skills learnt in S2 - S6 28 th May Coaching & Ride Session S9 Getting used to riding safely in close proximity of other riders 4 th June Coaching & Ride Session S10 Introduction to race techniques 11 th June Coaching & Ride Session S11 Fun games using skills learnt so far 18 th June BFCC Race Series - R2 RACE - 25 th June Race 2 Riders to be encouraged to take part 2nd July introducing small drop offs Coaching & Ride Session S12 Tackling gentle inclines, up and down, introducing small drop offs 2nd July introducing small drop offs Coaching & Ride Session S13 Looking for lines on the trail or during a race 9 th July BFCC Race Series - R3 RACE - 16 th July Race 3 Change a tube, put chain back on, clean and check bike 23 rd July Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 30 th July Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6 th August Brighton Littledog Race <	Coaching & Ride Session	S7		21 st May
Coaching & Ride Session Coaching & Ride Session S10 Introduction to race techniques S11 Fun games using skills learnt so far R2 RACE - R3 RACE - R4 RACE - R4 RACE - R4 RACE - R4 RACE - R5 RACE - R5 RACE - R6 RACE - R5 R		S8		28 th May
Coaching & Ride Session BFCC Race Series - R2 RACE - Riders to be encouraged to take part Coaching & Ride Session S12 Tackling gentle inclines, up and down, introducing small drop offs Coaching & Ride Session S13 Looking for lines on the trail or during a pth July race BFCC Race Series - R3 RACE - Riders to be encouraged to take part Coaching & Ride Session S14 Change a tube, put chain back on, clean and check bike Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 Brighton Littledog Race R4 RACE - R3 RACE - R4 RACE - R6 RACE - R	Coaching & Ride Session	S9		4 th June
BFCC Race Series - Race 2 Riders to be encouraged to take part Coaching & Ride Session S12 Tackling gentle inclines, up and down, introducing small drop offs Coaching & Ride Session S13 Looking for lines on the trail or during a race BFCC Race Series - Race 3 RACE - Riders to be encouraged to take part Coaching & Ride Session S14 Change a tube, put chain back on, clean and check bike Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6th August BFCC Race Series - Riders to be encouraged to take part Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6th August RACE - Riders to be encouraged to take part Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6th August RACE - Riders to be encouraged to take part Coaching & Ride Session R17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE - R10th August R10th Augu	Coaching & Ride Session	S10	Introduction to race techniques	
Race 2 Coaching & Ride Session S12 Tackling gentle inclines, up and down, introducing small drop offs Coaching & Ride Session S13 Looking for lines on the trail or during a gentle year. RACE - Riders to be encouraged to take part Coaching & Ride Session S14 Change a tube, put chain back on, clean and check bike Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 S17 RACE - Riders to be encouraged to take part Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 S17 RACE - Riders to be encouraged to take part Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 S17 RACE - Riders to be encouraged to take part Coaching & Ride Session S17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE - R6 RACE - R7 RACE	Coaching & Ride Session	S11	Fun games using skills learnt so far	
introducing small drop offs Coaching & Ride Session S13 Looking for lines on the trail or during a gith July race BFCC Race Series - R3 RACE - Riders to be encouraged to take part Coaching & Ride Session S14 Change a tube, put chain back on, clean and check bike Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6th August Brighton Littledog Race R4 RACE - Riders to be encouraged to take part BFCC Race Series - R5 RACE - R6 RACE - R17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE		R2		25 th June
race BFCC Race Series - R3 RACE - Riders to be encouraged to take part Coaching & Ride Session S14 Change a tube, put chain back on, clean and check bike Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6th August Brighton Littledog Race R4 RACE - Riders to be encouraged to take part BFCC Race Series - R5 RACE - Riders to be encouraged to take part Coaching & Ride Session R17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE - R17 Sept	Coaching & Ride Session	S12		2 nd July
Race 3 Riders to be encouraged to take part Coaching & Ride Session S14 Change a tube, put chain back on, clean and check bike Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 G16 RACE - 13 th August RACE - 13 th August Race 4 R5 RACE - 20 th August Riders to be encouraged to take part Coaching & Ride Session R17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains R6 RACE - 17 th Sept	Coaching & Ride Session	S13	5	9 th July
Coaching & Ride Session S15 Review of races and skills / techniques required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6 th August Brighton Littledog Race R4 RACE - 13 th August Riders to be encouraged to take part BFCC Race Series - R5 RACE - 20 th August Riders to be encouraged to take part Coaching & Ride Session R17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE - 17 th Sept		R3		16 th July
required, reinforce S9, S10, S12, S13 Coaching & Ride Session S16 Reinforce skills learnt in S2 - S6 6 th August Brighton Littledog Race R4 RACE - 13 th August Riders to be encouraged to take part Race 4 Riders to be encouraged to take part Coaching & Ride Session R17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE - 17 th Sept	Coaching & Ride Session	S14	•	23 rd July
Brighton Littledog Race R4 RACE - Riders to be encouraged to take part BFCC Race Series - Race 4 R17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R4 RACE - R4 RACE - R5 RACE - R5 RACE - R6 RACE	Coaching & Ride Session	S15		•
Riders to be encouraged to take part BFCC Race Series – Race 4 Riders to be encouraged to take part Riders to be encouraged to take part Riders to be encouraged to take part Coaching & Ride Session Riders to be encouraged to take part Safe braking on different surfaces and terrains Coaching & Ride Session Riders to be encouraged to take part Safe braking on different surfaces and terrains Riders to be encouraged to take part August Safe braking on different surfaces and terrains Coaching & Ride Session Riders to be encouraged to take part August Safe braking on different surfaces and terrains Simple Sept Riders to be encouraged to take part August Simple Sept Situations Riders to be encouraged to take part Linking on different surfaces and terrains Simple Sept Situations Riders to be encouraged to take part August Situations To Sept Situations Riders to be encouraged to take part Linking on different surfaces and terrains Situations To Sept Situations Riders to be encouraged to take part August Situations To Sept Situations Riders to be encouraged to take part August Situations Riders to be encouraged to take part August Situations To Sept Situations Riders to be encouraged to take part August Situations Anticipating gears required for different surfaces and terrains August Situations To Situations	Coaching & Ride Session	S16	Reinforce skills learnt in S2 - S6	6 th August
Race 4 Riders to be encouraged to take part Coaching & Ride Session R17 Safe braking on different surfaces and terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE - 17 th Sept	Brighton Littledog Race	R4		-
terrains Coaching & Ride Session R18 Anticipating gears required for different situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series - R6 RACE - 17 th Sept		R5		
situations Coaching & Ride Session R19 Linking tight and open corners on different terrains BFCC Race Series – R6 RACE - 10 th Sept	Coaching & Ride Session	R17	<u> </u>	27 th August
different terrains BFCC Race Series – R6 RACE - 17 th Sept	Coaching & Ride Session	R18		3 rd Sept
·	Coaching & Ride Session	R19		10 th Sept
Niders to be encouraged to take part	BFCC Race Series – Race 5	R6	RACE - Riders to be encouraged to take part	17 th Sept
Coaching & Ride Session R20 Fun games using skills learnt during 24 th Sept season		R20	Fun games using skills learnt during	24 th Sept