

Saturday Junior Club Diary events for 2016

<u>Saturday Junior CLUB SESSION</u>		<u>Coaching Topic</u>	<u>2016 DATES</u>
Introduction to Season	S1	Bike check, kit check, drinks and snacks, weather etc.	2 nd April
Coaching & Ride Session	S2	Ready position, pedal position, starting off / stopping, mounting / dismounting	9 th April
Coaching & Ride Session	S3	Braking safely without skidding, use both front and back brakes	16 th April
Coaching & Ride Session	S4	Introduction to selecting the right gear, introduce 'easy' and hard' gears	23 rd April
Coaching & Ride Session	S5	Lines, pedal and body position	30 th April
Coaching & Ride Session	S6	Body position, weight distribution, importance of balance	7 th May
BFCC Race Series – Race 1	R1	RACE - Riders to be encouraged to take part	14 th May
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	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 – Race 2	R2	RACE - Riders to be encouraged to take part	25 th June
Coaching & Ride Session	S12	Tackling gentle inclines, up and down, introducing small drop offs	2 nd July
Coaching & Ride Session	S13	Looking for lines on the trail or during a race	9 th July
BFCC Race Series – Race 3	R3	RACE - Riders to be encouraged to take part	16 th July
Coaching & Ride Session	S14	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 - Riders to be encouraged to take part	13 th August
BFCC Race Series – Race 4	R5	RACE - Riders to be encouraged to take part	20 th August
Coaching & Ride Session	R17	Safe braking on different surfaces and terrains	27 th August
Coaching & Ride Session	R18	Anticipating gears required for different situations	3 rd Sept
Coaching & Ride Session	R19	Linking tight and open corners on different terrains	10 th Sept
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 season	24 th Sept