



ADVANCE JUNIOR CLUB SESSION	COACHING TOPIC	2018 DATE
Coaching & Ride	Coaches Choice	03-Feb
Club Ride	Ride - Wigmore Guests	10-Feb
Coaching & Ride	Coaches Choice	17-Feb
Club Ride	Fun and relax	24-Feb
Coaching & Ride	Coaches Choice	03-Mar
Club Ride	Fun and relax	10-Mar
OUTRIDE	Swinley	17-Mar
Coaching & Ride	Balance & Weight Shift	24-Mar
TIME TRIAL EVENT - SUNDAY	Participate and support event	25-Mar
EASTER BREAK	NO SESSION THIS WEEK	31-Mar
Coaching & Ride	Track Stands & Skinnies	07-Apr
BFCC RACE 1	RACE DAY	14-Apr
Coaching & Ride	CORE - Manual & Power Assist Front Wheel Lifts	21-Apr
OUTRIDE	TBC - Tim	28-Apr
OUTRIDE	TBC - Ali	05-May
Coaching & Ride	CORE - Rear Wheel Lifts	12-May
BFCC RACE 2	RACE DAY	19-May
Coaching & Ride	Effective Braking	26-May
OUTRIDE	TBC - Michael	02-Jun
Coaching & Ride	CORE - Effective Cornering	09-Jun
Coaching & Ride	CORE - Step-over & Step-up	16-Jun
BFCC Endurance RACE	Support Event Only or Team Darenth Race	23-Jun
OUTRIDE	TBC - Paul	30-Jun
OUTRIDE	Storrington - Gary	07-Jul
BFCC RACE 3	RACE DAY	14-Jul
Coaching & Ride	Drop-offs - Manual & Power Assist	21-Jul
Coaching & Ride	Pumping & Bunny-hops	28-Jul
OUTRIDE	TBC - Justin	04-Aug
REGIONAL RACE EVENT	BRIGHTON BIGDOG	11-Aug
BFCC RACE 4	RACE DAY	18-Aug
Coaching & Ride	Effective Climbing	25-Aug
OUTRIDE	TBC - Danny	01-Sep
Coaching & Ride	Effective decending (Bomb-Hole)	08-Sep
Coaching & Ride	Riding a Berm	15-Sep
Coaching & Ride	Jumping - Table-top	22-Sep
Coaching & Ride	Coaches Choice	29-Sep
Coaching & Ride	Coaches Choice	06-Oct
Coaching & Ride	Coaches Choice	13-Oct
Coaching & Ride	Coaches Choice	20-Oct
Coaching & Ride	Coaches Choice	27-Oct
Coaching & Ride	Coaches Choice	03-Nov