



SATURDAY JUNIOR CLUB SESSION	COACHING TOPIC	2018 DATE
Coaching and Forest ride	S1 - Introduction to Season	07-Apr
<b>BFCC Race 1</b>	<b>Race Day</b>	<b>14-Apr</b>
Coaching and Forest ride	S2 - Ready Position	21-Apr
Coaching and Forest ride	S3 - Braking	28-Apr
Coaching and Forest ride	S4 - Gears	05-May
Coaching and Forest ride	S5 - Open Cornering	12-May
<b>BFCC Race 2</b>	<b>Race Day</b>	<b>19-May</b>
Coaching and Forest ride	S6 - Balance & Coordination	26-May
Coaching and Forest ride	S7 - Tight Cornering	02-Jun
Coaching and Forest ride	S8 - Basic Skill Review	09-Jun
Coaching and Forest ride	S9 - Group Riding	16-Jun
<b>BFCC Endurance Race</b>	<b>NO SESSION THIS WEEK</b>	<b>23-Jun</b>
Coaching and Forest ride	S10 - Race Techniques	30-Jun
Coaching and Forest ride	S11 - Summer Games	07-Jul
<b>BFCC Race 3</b>	<b>Race Day</b>	<b>14-Jul</b>
Coaching and Forest ride	S12 - Climbing/Descending	21-Jul
Coaching and Forest ride	S13 - Carry Speed	28-Jul
Coaching and Forest ride	S14 - Bike Maintenance	04-Aug
<b>Regional Race Event</b>	<b>LittleDog - Brighton</b>	<b>11-Aug</b>
<b>BFCC Race 4</b>	<b>Race Day</b>	<b>18-Aug</b>
Coaching and Forest ride	S15 - Race Skills Review	25-Aug
Coaching and Forest ride	S16 - Basic Skills Review	01-Sep
Coaching and Forest ride	S17 - Advance Braking	08-Sep
Coaching and Forest ride	S18 - Advance Gears	15-Sep
Coaching and Forest ride	S19 - Advance Cornering	22-Sep
Coaching and Forest ride	S20 - Winter/End of Season Games	29-Sep