



bedgebury forest cc

| ADVANCE JUNIOR CLUB SESSION | COACHING TOPIC | 2019 Dates |
|-------------------------------|---|---------------|
| Club Ride | Fun and relax | 2-Feb |
| Club Ride | Fun and relax | 9-Feb |
| Club Ride | Fun and relax | 16-Feb |
| Club Ride | Fun and relax | 23-Feb |
| Coaching & Ride | Hill Climbs | 2-Mar |
| Club Ride | Fun and relax | 9-Mar |
| Coaching & Ride | Race ethics and Passing | 16-Mar |
| Club Ride | Fun and relax | 23-Mar |
| Coaching & Ride | Pre-Season maintenance | 30-Mar |
| Club Ride | Fun and relax | 6-Apr |
| Coaching & Ride | Pre & Post Race Warm-ups/Cool-downs | 13-Apr |
| B FCC RACE 1 | RACE DAY | 20-Apr |
| Coaching & Ride | Race starts, Group riding & Funnel entry | 27-Apr |
| OUTRIDE | TBC - Tim | 4-May |
| Coaching & Ride | Sprinting - start/over-take/finish line | 11-May |
| B FCC RACE 2 | RACE DAY | 18-May |
| Coaching & Ride | REST - Fun and relax | 25-May |
| OUTRIDE | TBC - Michael | 1-Jun |
| Coaching & Ride | CORE - Balance/Body & Ready Position | 8-Jun |
| Coaching & Ride | Learn to Train - Interval Training | 15-Jun |
| B FCC ENDURANCE RACE 3 | NO SESSION THIS WEEK | 22-Jun |
| OUTRIDE | TBC - Paul | 29-Jun |
| Coaching & Ride | CORE - Cornering & Off-Camber | 6-Jul |
| Coaching & Ride | CORE - Front Wheel Lifts | 13-Jul |
| B FCC RACE 4 | RACE DAY | 20-Jul |
| OUTRIDE | Storrington - Gary | 27-Jul |
| Coaching & Ride | REST - Fun and relax | 3-Aug |
| REGIONAL RACE EVENT | BRIGHTON BIGDOG | 10-Aug |
| Coaching & Ride | CORE - Rear Wheel Lifts & Bunny Hops | 17-Aug |
| B FCC RACE 5 | RACE DAY | 24-Aug |
| OUTRIDE | TBC - Justin | 31-Aug |
| Coaching & Ride | REST - Fun and relax | 7-Sep |
| Coaching & Ride | Fun and relax | 14-Sep |
| Coaching & Ride | Fun and relax | 21-Sep |
| OUTRIDE | TBC - Ali | 28-Sep |
| Coaching & Ride | Coach - free choice | 5-Oct |
| Coaching & Ride | Coach - free choice | 12-Oct |
| OUTRIDE | TBC - Danny | 19-Oct |
| Coaching & Ride | Coach - free choice | 26-Oct |
| Coaching & Ride | Coach - free choice | 2-Nov |
| Coaching & Ride | Coach - free choice | 9-Nov |
| Coaching & Ride | Coach - free choice | 16-Nov |
| Coaching & Ride | Coach - free choice | 23-Nov |
| Coaching & Ride | Coach - free choice | 30-Nov |

