



bedgebury forest cc

SATURDAY JUNIOR CLUB SESSION	COACHING TOPIC	2019 Dates
Coaching and Forest ride	S1 - Introduction to Season	6-Apr
Coaching and Forest ride	S2 - Ready Position	13-Apr
BFCC Race 1	Race Day	20-Apr
Coaching and Forest ride	S3 - Braking	27-Apr
Coaching and Forest ride	S4 - Gears	4-May
Coaching and Forest ride	S5 - Open Cornering	11-May
BFCC Race 2	Race Day	18-May
Coaching and Forest ride	S6 - Balance & Coordination	25-May
Coaching and Forest ride	S7 - Tight Cornering	1-Jun
Coaching and Forest ride	S8 - Basic Skill Review	8-Jun
Coaching and Forest ride	S9 - Group Riding	15-Jun
BFCC Endurance Race 3	NO SESSION THIS WEEK	22-Jun
Coaching and Forest ride	S10 - Race Techniques	29-Jun
Coaching and Forest ride	S11 - Summer Games	6-Jul
Coaching and Forest ride	S12 - Climbing/Descending	13-Jul
BFCC Race 4	Race Day	20-Jul
Coaching and Forest ride	S13 - Carry Speed	27-Jul
Coaching and Forest ride	S14 - Bike Maintenance	3-Aug
Regional Race	Brighton LittleDog	10-Aug
Coaching and Forest ride	S15 - Race Skills Review	17-Aug
BFCC Race 5	Race Day	24-Aug
Coaching and Forest ride	S16 - Basic Skills Review	31-Aug
Coaching and Forest ride	S17 - Advance Braking	7-Sep
Coaching and Forest ride	S18 - Advance Gears	14-Sep
Coaching and Forest ride	S19 - Advance Cornering	21-Sep
Coaching and Forest ride	S20 - Winter/End of Season Games	28-Sep

