



bedgebury forest cc

SATURDAY JUNIOR CLUB SESSION	COACHING TOPIC	2020 Dates
Coaching and Forest ride	S1 - Introduction to Season	04-Apr
Coaching and Forest ride	S2 - Ready Position	11-Apr
BFCC Race 1	Race Day	18-Apr
Coaching and Forest ride	S3 - Braking	25-Apr
Coaching and Forest ride	S4 - Gears	02-May
Coaching and Forest ride	S5 - Open Cornering	09-May
BFCC Race 2	Race Day	16-May
Coaching and Forest ride	S6 - Balance & Coordination	23-May
Coaching and Forest ride	S7 - Tight Cornering	30-May
Coaching and Forest ride	S8 - Basic Skill Review	06-Jun
Coaching and Forest ride	S9 - Group Riding	13-Jun
BFCC Endurance Race 3	NO SESSION THIS WEEK	20-Jun
Coaching and Forest ride	S10 - Race Techniques	27-Jun
Coaching and Forest ride	S11 - Summer Games	04-Jul
Coaching and Forest ride	S12 - Climbing/Descending	11-Jul
BFCC Race 4	Race Day	18-Jul
Coaching and Forest ride	S13 - Carry Speed	25-Jul
Coaching and Forest ride	S14 - Bike Maintenance	01-Aug
Regional Race	Brighton LittleDog	08-Aug
BFCC Race 5	Race Day	15-Aug
Coaching and Forest ride	S15 - Race Skills Review	22-Aug
Coaching and Forest ride	S16 - Basic Skills Review	29-Aug
Coaching and Forest ride	S17 - Advance Braking	05-Sep
Coaching and Forest ride	S18 - Advance Gears	12-Sep
Coaching and Forest ride	S19 - Advance Cornering	19-Sep
Coaching and Forest ride	S20 - Winter/End of Season Games	26-Sep