



bedgebury forest cc

ADVANCE JUNIOR CLUB SESSION	COACHING TOPIC	2021 Dates
Coaching & Ride	Pre & Post Race Warm-ups/Cool-downs	01-May
Coaching & Ride	NO SESSION	08-May
Coaching & Ride	Race starts, Group riding & funnel entry	15-May
Coaching & Ride	NO SESSION	22-May
Coaching & Ride	Sprinting - start/over-take/finish	29-May
Coaching & Ride	NO SESSION	05-Jun
Coaching & Ride	repairs	12-Jun
Coaching & Ride	NO SESSION	19-Jun
Coaching & Ride	Lap one assessment - reading a race course	26-Jun
Coaching & Ride	NO SESSION	03-Jul
Coaching & Ride	CORE - Cornering + Off-camber	10-Jul
Coaching & Ride	NO SESSION	17-Jul
Coaching & Ride	CORE - Balance/Body & Ready Position	24-Jul
Coaching & Ride	NO SESSION	31-Jul
Coaching & Ride	Advance Group Riding - forcing error; follow a wheel; stealth lines	07-Aug
Coaching & Ride	NO SESSION	14-Aug
Coaching & Ride	CORE - Manual & Power Front Wheel lifts	21-Aug
Coaching & Ride	NO SESSION	28-Aug
BFCC Race Day	Race participation	04-Sep
Coaching & Ride	NO SESSION	11-Sep
Coaching & Ride	Pre-jumping - going light	18-Sep
Coaching & Ride	Riding a skinny	25-Sep
Coaching & Ride	Cornering - Berms	02-Oct
Coaching & Ride	Endo; Stoppie and Endo- turns	09-Oct
Coaching & Ride	Learn to Train - Interval Training	16-Oct
Coaching & Ride	Jumping - table tops	23-Oct
Coaching & Ride	Learn to Train - Heart rates/zones/rest	30-Oct
Coaching & Ride	Coach - free choice	06-Nov
Coaching & Ride	Coach - free choice	13-Nov
Coaching & Ride	Coach - free choice	20-Nov
Coaching & Ride	Coach - free choice	27-Nov
Coaching & Ride	Coach - free choice	04-Dec
Coaching & Ride	Coach - free choice	11-Dec
Coaching & Ride	Coach - free choice	18-Dec