

| Date | Junior Group | Session Topic/Plan | GARY | TIM | ANDY | MICHAEL | PAUL | ALI | ADE | DANNY | JUSTIN | JEREMY (Trainee) | Coach Numbers |
|-------------------------|-----------------|---|------|-----|------|---------|------|-----|-----|-------|--------|------------------|---------------|
| 08 January 2022 | Advance Juniors | Advance mounting and dismounting | | | 0 | 1 | 0 | | | | 1 | x | 2 |
| 15 January 2022 | Advance Juniors | Follow a Wheel & Forcing an Error (Race) | 1 | | 0 | 1 | 0 | | | | | x | 2 |
| 22 January 2022 | Advance Juniors | Step-up and Step-over | | 1 | 0 | | 0 | | | 1 | | x | 2 |
| 29 January 2022 | Advance Juniors | Riding in and out of the saddle | | | 0 | | 0 | 1 | 1 | | | x | 2 |
| 05 February 2022 | Advance Juniors | Rocky sections - Bikea | | | 1 | | 0 | | | 1 | | x | 2 |
| 12 February 2022 | Advance Juniors | Bunny Hops | | 1 | | | 0 | | | | 1 | x | 2 |
| 19 February 2022 | Advance Juniors | Interval training | 1 | | | 1 | 0 | | | | | x | 2 |
| 26 February 2022 | Advance Juniors | Weight shift & Track stands | | | 1 | | 0 | | 1 | | | x | 2 |
| 05 March 2022 | Advance Juniors | Riding Offensively or Defensively (Race) | 0 | | | | 1 | | | | 1 | x | 2 |
| 12 March 2022 | Advance Juniors | Fun ride | | | | | | 1 | | 1 | | 1 | 3 |
| 19 March 2022 | Advance Juniors | Race preparation, what happens and etiquette | | | 1 | 1 | | | | | | | 2 |
| 26 March 2022 | Advance Juniors | Choosing the Race Lines (Race) | 1 | | | | 1 | | | | | | 2 |
| 02 April 2022 | Advance Juniors | Race starts & funnelling | 0 | 1 | | | | | | 1 | | | 2 |
| Sunday 10th April 2022 | Advance Juniors | OUTRIDE - Justin (Friston) | 1 | | | | | | | | 1 | 1 | 3 |
| 16 April 2022 | Advance Juniors | Racing Zones - feeding/repairs | | | 1 | 1 | | | | | | | 2 |
| 23 April 2022 | Advance Juniors | Sprinting/overtaking | 1 | | | | | 1 | | | | 1 | 3 |
| 30 April 2022 | Advance Juniors | OUTRIDE - Tim (?) | 1 | 1 | | | | | | | | | 2 |
| 07 May 2022 | Advance Juniors | Endurance riding - non-stop 1 hr Red Route | | | | | | | 1 | | 1 | | 2 |
| 14 May 2022 | Advance Juniors | BFCC RACE 1 | x | x | x | x | x | x | x | x | x | x | x |
| 21 May 2022 | Advance Juniors | Relax ride and Race 1 review | 1 | | | | | | | | 1 | | 2 |
| Sunday 29th May 2022 | Advance Juniors | OUTRIDE - Danny (Surrey Hills) | 1 | | | | | | | 1 | | | 2 |
| 04 June 2022 | Advance Juniors | Advance pumping & Manual through a jump | | | | | | | 1 | | 1 | | 2 |
| 11 June 2022 | Advance Juniors | BFCC RACE 2 | x | x | x | x | x | x | x | x | x | x | x |
| 18 June 2022 | Advance Juniors | OUTRIDE - Gary (Storrington) | 1 | 1 | | | | | | | | | 2 |
| 25 June 2022 | Advance Juniors | Advance cornering - race track | | 1 | | | | | 1 | | | | 2 |
| Sunday 3rd July 2022 | Advance Juniors | OUTRIDE - Ade (?) | | | | | | | 1 | 1 | | | 2 |
| 09 July 2022 | Advance Juniors | NO JUNIOR CLUB | x | x | x | x | x | x | x | x | x | x | x |
| 16 July 2022 | Advance Juniors | Riding Offensively or Defensively | 1 | 1 | | | | | | | | | 2 |
| 23 July 2022 | Advance Juniors | Choosing race lines | | 1 | 1 | | | | | | | | 2 |
| 30 July 2022 | Advance Juniors | OUTRIDE - Andy (Swindon) | | | 1 | | | | | | 1 | | 2 |
| 06 August 2022 | Advance Juniors | Group riding and Working with other riders | | | | | | | | 1 | 1 | | 2 |
| 13 August 2022 | Advance Juniors | BFCC RACE 3 | x | x | x | x | x | x | x | x | x | x | x |
| Sunday 21st August 2022 | Advance Juniors | OUTRIDE - Paul (Bewl) | | 1 | | | 1 | | | | | | 2 |
| 27 August 2022 | Advance Juniors | OUTRIDE - Ali (North Downs) | 1 | | | | | 1 | | | | | 2 |
| 03 September 2022 | Advance Juniors | Junping - transferring across and keeping low | 1 | | | | | | | | 1 | | 2 |
| 10 September 2022 | Advance Juniors | BFCC RACE 4 | x | x | x | x | x | x | x | x | x | x | x |
| 17 September 2022 | Advance Juniors | OUTRIDE - Michael (?) | | | | 1 | | | | 1 | | | 2 |
| 24 September 2022 | Advance Juniors | Riding a skinny | | | 1 | | | | 1 | | | | 2 |