

Advance Club - schedule of events 2023

Date	Junior Group	Session Topic/Plan
01 April 2023	CLUB RIDE	Intermediate Club ride
08 April 2023	Advance Juniors	Follow a Wheel & Forcing an Error (Race)
15 April 2023	CLUB RIDE	CLUB OTRIDE - Justin (Friston)
22 April 2023	Advance Juniors	Sprinting/overtaking
29 April 2023	CLUB RIDE	CLUB OTRIDE - Tim (?)
06 May 2023	Advance Juniors	Race preparation
13 May 2023	RACE EVENT	BFCC RACE 1
20 May 2023	Advance Juniors	Interval training
27 May 2023	CLUB RIDE	CLUB OTRIDE - Paul (Surrey Hills)
03 June 2023	Advance Juniors	Weight shift & Track stands
10 June 2023	RACE EVENT	BFCC RACE 2
17 June 2023	Advance Juniors	Advance cornering - race track
24 June 2023	CLUB RIDE	OTRIDE - Gary (Storrington)
01 July 2023	Advance Juniors	Choosing the Race Lines (Race)
08 July 2023	Advance Juniors	Riding Offesively or Defensively
15 July 2023	RACE EVENT	BFCC RACE 3
22 July 2023	CLUB RIDE	OTRIDE - Andy (Swindon)
29 July 2023	Advance Juniors	Rocky sections - Bikea
05 August 2023	CLUB RIDE	OTRIDE - Ali (North Downs)
12 August 2023	RACE EVENT	BFCC RACE 4
19 August 2023	CLUB RIDE	Intermediate Club ride
26 August 2023	Advance Juniors	Group riding and Working with other riders
02 September 2023	CLUB RIDE	OTRIDE - Ade (?)
09 September 2023	Advance Juniors	Front wheel lifts & Drop-off's
16 September 2023	CLUB RIDE	OTRIDE - Michael (?)
23 September 2023	Advance Juniors	Riding a skinny
07 October 2023	Advance Juniors	Jumping - transferring across and keeping low