

BMX Camp Daily Structure

Week 6 (31th of July to 4th of August) + Week 7 (7th to 11th of August)

	9:00am-9:15am	9:15am-9:45am	9:45am-10:15am	10:15am-10:30am	10:30am-11am	11:15am-11:45am	11:45am-12:30pm	12:30pm-1:15pm	1:15-2pm	2pm-2:15pm	2:15pm-2:45pm	2:45pm-3pm
Monday	Registration & Briefing	Equipment Set Up	Inductions	Break	Inductions		Lunch	Flat Base Sprints & understanding the bike	Braking Brake Control Down Hills	Break	Flat and Braking practice	Equipment in & Sign out
Tuesday	Registration & Briefing	Equipment Set Up	Fun Games	Break	Positioning Learning to Control Bike Stability & Balance	Peddalling Focusing on Hill Starts	Lunch	Game Position Based	Game Pedalling Based	Break	Races Position Based & Pedalling	Equipment in & Sign out
Wednesday	Registration & Briefing	Equipment Set Up	Fun Games	Break	Cornering Focusing on Braking & Pedal Points	Weight Shifting Focus on Slalom Straights Working Weight Shifting Through Corners on Small Track	Lunch	Game Cornering	Game Weight Shifting Based	Break	Race Cornering & Weight shifting	Equipment in & Sign out
Thursday	Registration & Briefing	Equipment Set Up	Fun Games	Break	Individual Practice	Individual Races	Lunch	Group Riding Focus on Communication & Group Leader Changeovers	Group Racing	Break	Races	Equipment in & Sign out
Friday	Registration & Briefing	Equipment Set Up	Fun Games	Break	Races Coach Choice	Races Individual Races	Lunch	Races Group Races	Races Participants Choice	Break	Races	Equipment in & Sign out

All participants must be able to cycle standing uphill