

BMX Camp Daily Structure

Week 2 (3rd to 7th of July) + Week 3 (10th to 14th of July)

	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	Pedalling Focusing on Hill Starts	Braking Brake Control Down Hills	Break	Braking Based & Pedalling Based	Equipment in & Sign out
Tuesday	Registration & Briefing	Equipment Set Up	Fun Games	Break	Cornering Focusing on Braking & Pedal Points	Positioning Learning to Control Bike Stability & Balance	Lunch	Races Cornering Based	Races Positioning Based	Break	Races Positioning Based & Cornering Based	Equipment in & Sign out
Wednesday	Registration & Briefing	Equipment Set Up	Fun Games	Break	Group Riding Focus on Communication & Group Leader Changeovers	Weight Shifting Focus on Slalom Straights Working Weight Shifting Through Corners on Small Track	Lunch	Races Group Races	Races Weight Shifting Based	Break	Race Weight Shifting Based & Group Races	Equipment in & Sign out
Thursday	Registration & Briefing	Equipment Set Up	Fun Games	Break	Races Participants Choice	Races Coach Choice	Lunch	Races Individual Races	Races Group Races	Break	Race	Equipment in & Sign out
Friday	Registration & Briefing	Equipment Set Up	Fun Games	Break	Races Coach Choice	Races Participants Choice	Lunch	Races Group Races	Races Individual Races	Break	Race	Equipment in & Sign out

All participants must be able to cycle standing uphill

