

QMP HOLIDAY CAMP

3 DAY CAMP FOR ALL AGES AND SKILL LEVELS



Day 1 - Sign on

Introduction , coaches , park rules What school will cover over 3 days. Safety gear and bike talk on basics. Controls and adjustment.

Morning tea

Split into groups with a coach assess - age and skill levels .

Basic skills session-standing up position, body position, acceleration, braking .

Lunch

Skills work as a whole group. Slow ride for balance and brake, throttle, control, standing and braking.

Free ride from 3pm.



Day 2 - Sign on.

Briefing .

Skills Session- corner entry (berms or ruts) .

Morning tea

Skills Session Braking and transition from standing to seated, setting corners up.

Lunch

Skills work as a large group - Throttle clutch control . Lifting the front wheel or slow wheeling, seating position exercises , and brake control exercises. Putting techniques to practice. on the tracks. Linking braking , corner entry and corner exit.

Learning how to ride sections, eg rollers , up hills , down hills using line choice , technique for a smoother more controlled ride . Techniques can range from MX to enduro skills like riding across logs, hill sections up and down.

Free ride from 3pm



Day 3 - Sign on

Briefing .

Skills session - Mix of recap on track generally, linking sections of track skills together.

Morning tea

Skills Session- Jumping - what to look at inspecting jumps , planning and building up to jump safely and land correctly , lines , body position , gear selection. Flat landing for learners , Timing jump to land on down ramp .

Techniques to help correct landing, (coming short , long on down ramp), tips on how to adjust bike if things are going wrong .

Enduro skills - riding over logs, brake , throttle , clutch control and balance.

Lunch - participants and their families

Kick start or jcp coaching book hours sign off in group with coaches and riders applying for licence or bike size accreditation. Recap. Riders - group photo and presentation.

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