



DAY CAMP

Suited for all riders who have recently approached MTB and for self-taught people who want to improve their technique to drive and have fun safely.



PROGRAM

Starting off with a short briefing and bike check, we'll go over the basic skills on a flat training field at the school grounds before heading up to the trails to put everything into practice on real obstacles.

The coach will explain in detail and demonstrate the proper techniques, before everyone has a try. At the end of each attempt, the coach will give personal feedback and suggest improvements. The class will cover many different sections of trail and will stay in motion to give everyone as much guided practice as possible.

At the end of the weekend you will have the confidence of knowing how to approach a trail and have a good time while staying safe.

DETAILS

TYPE OF BIKES: 120mm full-suspension Trail bikes or E-bikes are recommended. DH bikes are not allowed.

LEVEL REQUIRED: Beginner / Intermediate

DURATION: 1 day

PRICE: €100. - p/pers
MTB Coach + packed lunch.

SCHOOL GROUND

- Bike Check
 - Positions
 - Reading the trail
 - Managing your Weight on the bike
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ON TRACK

- Basic Positions
 - Braking
 - Turning
 - Pedaling Standing Up
 - Raising the front Wheel over obstacles
 - Synchronising movements & Riding Dynamics
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