



SOCT - 2 DAY TRAINING

The purpose of this poster is to give you advance information on our 2 day training school and time to start planning which courses you will be selecting to participate in. (Participants will sign up for courses on the day)

Log Crossings – Sessions 1,3,5,7	Learn basic log crossings, un-weighting, logs at an angle, holding pressure, with logs of all shapes and sizes.
The Basics - Sessions 1,5	This Basics class is designed for novice riders, or anyone, who wants to work on the basic skills: body position, turning, balance, and control. A must for riders new to trials, as this will prepare you for the other skill sessions to come.
Hills – Sessions 2,3,6,7	Hillclimbs and descents are made with confidence after you master the techniques of body position, throttle and brake control. The hill practice area will have a range of hills for all skill levels.
Camber Turns – Sessions 2,4,6,8	After you master climbing and descending, work on those tricky camber turns on the side hill sections that are the source of so many club trials events.
Section and Strategy & The Art of War - Sessions 2,4,6,8	Competition skills include how to read the terrain and pick out the optimum lines to ride within a section. This session will also review and teach section layout. Riders will Layout a Section and test ride it.
Difficult Turns & Floaters & Point Savers. Sessions 1,3,5,6	Save points by learning how to make that difficult turn, float the end of the bike to miss that point taker!
Making Traction - Sessions 1,2,5,7	The basics of throttle control and body position will maximize your ability to make traction when riding conditions are slippery. When the terrain is greasy, you can't cover poor techniques!
Hop 'til you drop – Sessions 4,7,8	Learn techniques for hopping the bike, including basics of balancing the bike, front wheel hops, rear wheel hops, and flip turns for the more advanced riders.

Schedule for the 2023 Trials Training Days June 10 – 11



SATURDAY JUNE 10

8:00-8:45am - Rider Sign in

8:45am - Riders Meeting

9:00-10:15 - Session 1

10:30-11:45 - Session 2



12:00-1:30: LUNCH - Grab your lunch and meet us at the Play Area to see the "Best Wheelie" Judged by a panel of 3 - (Prize to winner)

"Slowest Rider competition"

Judged by a panel of 3 - (Prize to winner)



1:45-3:00 - Session 3

3:15-4:30 - Session 4

5:00-6:00 – Now it's time to see what they have, join us at the "Play Area" for the Instructors competition

Judged by a panel of 3

–No buttering up of Judges allowed! (Prize to winner)

7:00-Until Lights Out – Catching up/Story Telling

9:30 Lights out (quiet)

SUNDAY JUNE 11

8:00-8:45am - Rider Sign in

8:45am - Rider Meeting

9:00-10:15 - Session 5

10:30-11:45 – Session 6

12:00-1:30: LUNCH: Grab your lunch then come to the

"Play Area" for BEST TRICK COMPETITION

–Judged by a panel of 3

–Zero tolerance for bribery of Judges! (Prize to winner)

1:45-3:00 - Session 7

3:15-4:30 - Session 8





Location: 70 Governors Road East, Brantford, ON

Everyone entering the property must sign the General Waiver & Release

All riders MUST have a current Full or Associate membership with CVMG

**We are fortunate again to have the land owner allow us to use this property
Please respect the property at all times.**

Keep this place clean, if you bring anything in, please take it with you.

**Pit area – ZERO tolerance to horseplay, be safe and riders must always wear
a helmet.**

Please respect these rules. ZERO tolerance.

Porta-toilets in rider pits

**Camping will be allowed on site for the Friday evening (entry after 5pm) &
Saturday evening.**

BBQ's allowed - No Camp Fires

Restaurants and Fast Food Options - St. George 6 km, Brantford 9 km

Cost: \$15 per day

**Please monitor <https://sovt.website/schedule.html> for when registration
opens and for any updates.**

