



SOCT Training Day

June 8th 2024

70 Governors Rd. E. Brantford ON

Training Day Schedule

Saturday Jun 8

- Sign in 8:00 – 8:45
- Riders Meeting - 8:45
- Session 1 * 9:00 - 10:15
- Session 2 * 10:30 - 11:45
- Lunch * 12:00 – 1:30
- Session 3 * 1:45 - 3:00
- Session 4 * 3:15 - 4:30

Training sessions running all day

Riders will be split into equal size groups and rotate each time slot participating in each session.

Basics will run all day, once riders in this group feel ready they can join any group they choose.

Basics	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 & Cambers	Hillclimbs and descents are made with confidence after you master the techniques of body position, throttle and brake control. 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. The hill practice area will have a range of hills for all skill levels.
Log Crossing	Learn basic log crossings, un-weighting, logs at an angle, holding pressure, with logs of all shapes and sizes.
Section Strategy & Setup	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	Save points by learning how to make that difficult turn, float the end of the bike to miss that point taker!

Everyone entering the property must sign the General Waiver & Release
 All riders **MUST** have a current Full or Associate membership with CVMG

Venue: It is exciting to be allowed the use of this beautiful property, respect the property at all times.
 KEEP this place clean, if you bring anything in, please take it with you.
 Porta-toilets in rider pits.

Accommodations: Camping on site available for Friday and Saturday. Entrance on Friday evening after 5pm.
NO CAMP FIRES – BBQs are ok

More Info – soct.ca/schedule

