



2022 TRAINING CAMPS

Dates:

*Tuesday - Thursday

July 5 - 7

July 12 - 14

August 16 - 18

August 23 - 25

Camps run from:

9 a.m - 4 p.m

Lessons begin at 9 a.m sharp; arrive with time to unload and change.

Participants may ride after the camp until 7 p.m

Details:

Cost: \$565 For the full 3 days, or \$190 / day + Applicable taxes.

*Payment on Arrival

- Aimed towards ALL Skill levels up to MRC Junior speed. Racers and riders alike.

- All ages are welcome.

- Private access to the facilities tracks; (Closed to the public during camp hours).

- Lunch, Water, and snacks will be provided.

- Each Participant will receive a small photo package of them riding at the camp.

- We do not cover Everything Everyday; attend the full camp for the full experience.

What to expect:

Nearly 7 hours / day of Lessons and guidance from Intermediate / Pro level Instructors Including: **Brook Greenlaw**, **Kevin Sullivan** and **Carlos Ponce**.

Lessons include:

- **Riding techniques** - Body position, Cornering, Jumping, Braking, throttle control, etc.

- **Track etiquette** - it is important for new riders to understand how to keep themselves and others safe during a busy practice day.

- **Practice races** - To improve the ability of experienced racers and provide a comfortable middle ground for riders interested in racing.

- **Racing theory** - Motocross is a mental game, racers need to know how to deal with emotions, plan passes and stay calm to eliminate mistakes.

- **Race starts** - Learn how to start a race effectively on a real gate.

- **Fitness Techniques** - Giving you the tools to build a strong body.

For more Information and to book, please call or text Brook Greenlaw @ 705-928-1114.