

Knightwood BMX Coaching Sessions

Effective from this Saturday 18th October riders will be split into 2 main groups called Regional Plus and Novice/Club. Riders are advised to attend the session they feel best fits them at first and the coaches will advise if they need to change group. Riders will need to arrive at least 15 mins prior to their session to get booked in so as not to delay the start of the session. Coaching sessions will last for approx 45mins allowing a short break for the coaches between groups.

10am Regional plus

This session is aimed at riders currently racing at regional or above level. However coaches may invite other riders to participate in this group. The track will be closed during this session for safety reasons.

11am Novice/club

This session is aimed at beginners and those racing at club races. Part of the track will usually remain open for Regional plus riders to practice on during this session.

12pm - 1pm Open gates/fun sessions

Gate practice, fun games or a chance for some of the regional plus riders to visit other tracks.

