

Detailed schedule for Wednesday August 5th For the Severn MD, Rider Clinic

8:00 AM	Counselors will arrive at the BMX track
8:30 AM	Rider drop off and check in
9:00 AM	Riders may ride the Track in Full Gear
9:15 AM	Ore nation - meet and greet with the riders
9:30 AM	Stretching - Leaning stretches and the meaning of them for the sport
9:45 AM	Bike Inspection and Maintenance - Each bicycle will be inspected by a counselor
10:00 AM	Warm up on the BMX track
10:15 AM	
10:30 AM	SNACK & WATER BREAK (See Meal Plan)
10:45 AM	Sprints
11:00 AM	
11:15 AM	Gate Starts and first straights
11:30 AM	
11:45 AM	Learning the importance of pedaling to the line
12:00 PM	LUNCH (See Meal Plan)
12:15 PM	Working on defensive moves in a turn alone with a partner then with a group
12:30 PM	
12:45 PM	Understanding why good attitudes at the BMX track is important
1:00 PM	
1:15 PM	Learning how to ride close together safely with another rider
1:30 PM	SNACK & WATER BREAK (See Meal Plan)
1:45 PM	Foot Down
2:00 PM	
2:15 PM	
2:30 PM	Free Ride
2:45 PM	
3:00 PM	Waiting for parents to pick up riders
3:15 PM	
3:30 PM	

Detailed schedule for Thursday August 6th For the Severn MD, Rider Clinic

8:00 AM	Counselors will arrive at the BMX track
8:30 AM	Rider drop off and check in
9:00 AM	Riders may ride the Track in Full Gear
9:15 AM	Orientation - meet and greet with the riders
9:30 AM	Stretching - Learning new stretching techniques and how to do them correctly
9:45 AM	Bike Inspection and Maintenance - Each bicycle will be inspected by a counselor
10:00 AM	Warm up on the BMX track
10:15 AM	
10:30 AM	SNACK & WATER BREAK (See Meal Plan)
10:45 AM	Manualing on the BMX track
11:00 AM	In rhythm & On single jumps
11:15 AM	Pedal manualing through jumps
11:30 AM	Manualing in the Street
11:45 AM	
12:00 PM	LUNCH (See Meal Plan)
12:15 PM	Bunny Hop Contest
12:30 PM	
12:45 PM	Working on jumping on the BMX track
1:00 PM	
1:15 PM	Learning what to do when you come unclipped in the race how to handle it
1:30 PM	SNACK & WATER BREAK (See Meal Plan)
1:45 PM	Importance of Pumping on the track
2:00 PM	
2:15 PM	Pump Races
2:30 PM	
2:45 PM	
3:00 PM	Waiting for parents to pick up riders
3:15 PM	
3:30 PM	

Detailed schedule for Friday August 7th For the Severn MD, Rider Clinic

8:00 AM	Counselors will arrive at the BMX track
8:30 AM	Rider drop off and check in
9:00 AM	Riders may ride the Track in Full Gear
9:15 AM	Orientation - meet and greet with the riders
9:30 AM	Stretching - Learning what stretches to do before each race and why
9:45 AM	Bike Inspection and Maintenance - Each bicycle will be inspected by a counselor
10:00 AM	Warm up on the BMX track
10:15 AM	
10:30 AM	SNACK & WATER BREAK (See Meal Plan)
10:45 AM	Gates
11:00 AM	Turns
11:15 AM	Jumping
11:30 AM	Pumping
11:45 AM	Maneuvering
12:00 PM	LUNCH
12:15 PM	Bunny Hop Contest
12:30 PM	
12:45 PM	Foot Down
1:00 PM	
1:15 PM	Sprints
1:30 PM	SNACK & WATER BREAK (See Meal Plan)
1:45 PM	One on One rider with counselor
2:00 PM	
2:15 PM	
2:30 PM	
2:45 PM	Collecting the Goodie Bags and Getting pictures with the Pro's
3:00 PM	
3:15 PM	Check out the clinic waiting for parents to pick up riders
3:30 PM	