

## 4 DAY COURSE SCHEDULE

The First ever 4 day Honda Smart – Race Pace camp will be conducted on the infamous Maffra/Sale Track, June 28th – July 1st as a lead up to the Australian Junior Titles. The training camp will provide every opportunity for riders to better themselves.

“This is a great chance for riders to learn the track in its entirety. We will break down every section of the circuit and focus on putting the “jig-saw puzzle” together. I really believe this school will help riders achieve their goals in this year’s Australian Championship and beyond”, said head coach Yarrive Konsky.

The instructors for the four day course will include; Yarrive Konsky, Glen Bell, Troy Dorrton and Paul Broomfield.

Special guest speakers include – Jackie Louder (Sports Psychologist) Martin Ritchie (Krooztune) as well one very high profiled athlete.

Price - \$450

### DAY 1

TIME	ACTIVITY
9.00am - 9.20am	20 minute practice
9.30am - 11.30am	Braking
11.30am - 1.00pm	Cornering
1.00pm - 1.30pm	Lunch
1.30pm - 3.00pm	Jumping
3.00pm - 4.00pm	Stutters
4.00pm - 4.30pm	Track Walk
4.30pm - 5.00pm	Journal Entries
5.00pm - 6.00pm	Off track training

### DAY 2

TIME	ACTIVITY
9.00am - 9.20am	20 minute practice
9.30am - 11.00am	Revision (Braking, Cornering, Jumping, Stutters)
11.00am - 12.00pm	Sports Psychology Talk (By reputable Sports Psychologist)
12.00pm - 12.30pm	Lunch
After Lunch each section of the circuit will be broken down, corner by corner, jump by jump. Over the next 2 and ½ days 30minutes will be spent on each section.	
12.30pm - 1.00pm	Turn 1
1.00pm - 1.30pm	Turn 2
1.30pm - 2.00pm	Turn 3
2.30pm - 3.00pm	Turn 4
3.00pm - 3.30pm	Turn 5
3.30pm - 4.00pm	20 minute practice section
4.00pm - 4.30pm	Daily discussion – Journal entries
4.30pm - 5.00pm	Bike Set Up

### DAY 3

TIME	ACTIVITY
9.00am	20 minutes practice
9.30am - 10.30am	10mins on each section from the day before
10.30am - 11.00am	Turn 6
11.00am - 11.30am	Turn 7
11.30am - 12.00pm	Turn 8
12.00pm - 12.30pm	Turn 9
12.30pm - 1.00pm	Turn 10
1.00pm	Lunch
1.30pm - 2.00pm	Turn 11
2.00pm - 2.30pm	Turn 12
2.30pm - 3.00pm	Turn 13
3.30pm - 4.00pm	Turn 14
4.00pm - 4.30pm	Turn 15
4.30pm - 5.00pm	20minute practice session
5.00pm	Daily discussion – Journal entries

### DAY 4

TIME	ACTIVITY
9.00am	20minutes practice
9.30am - 10.30am	10 mins on each section from the day before)
10.30am - 11.00am	Turn1 6
11.00am - 11.30am	Turn 17
11.30am - 12.00am	Turn 18
12.00am - 12.30am	Turn 19
12.30am - 1.00am	Turn 20
1.00am	Lunch
1.30am	Visualization
2.00am	3 x 15minutes practice sessions
3.00am	Starts
3.45am	Daily discussion – Journal entries

