



Date	Junior Group	Session Topic/Plan
05 April 2025	Saturday Club	S1 - Intro to Season
12 April 2025	Saturday Club	S2 - Ready Position
19 April 2025	Saturday Club	S3 - Braking
26 April 2025	Saturday Club	S4 - Gears
03 May 2025	Saturday Club	S5 - Race Techniques
10 May 2025	Saturday Club	S6 - Open Cornering
17 May 2025	Saturday Club	S7 - Balance & coordination
24 May 2025	Saturday Club	S8 - Basic Skill Review
31 May 2025	Saturday Club	Extended forest ride
07 June 2025	Saturday Club	S9 - Group Riding
14 June 2025	Saturday Club	S10 - Tight Cornering
21 June 2025	Saturday Club	S11 - Summer Games
28 June 2025	Saturday Club	Extended forest ride
05 July 2025	Saturday Club	S12 - Climbing/Descending
12 July 2025	Saturday Club	S13 - Carry Speed
19 July 2025	Saturday Club	S14 - Bike Maintenance
26 July 2025	Saturday Club	Extended forest ride
02 August 2025	Saturday Club	S15 - Race Skills - Starts and funnel
09 August 2025	Saturday Club	S16 - Advance Braking
16 August 2025	Saturday Club	S17 - Basic Skills Review
23 August 2025	Saturday Club	S18 - Advance Gears
30 August 2025	Saturday Club	S 21 - Winter Games
06 September 2025	Saturday Club	S19 - Advance Cornering
13 September 2025	Saturday Club	S 20 - Race Skills Review
20 September 2025	Saturday Club	S 21 - Winter Games
27 September 2025	Saturday Club	End of Season forest ride

**NOTE:** The dates for the BFCC Race Series has still to be announced. Therefore, some of the planned coaching schedules above will change to allow all Juniors to participate in the races. There will be no other Junior coaching available on race days.