

Central Coast Mountain Bike Club

Active Kidz Program

Central Coast Mountain Bike Club is offering a mountain bike development and competition program to suit a range of skill levels in a fun, social, supportive and family orientated activity on the mountain bike trails of the Ourimbah State Forest.

The format of 25-30 club events allows for a range of riders from entry level through to experienced opportunities in their respective age groups providing balanced competition and social interaction in a supported environment.

Active Kidz can progress their skills with opportunities to increase in difficulty, duration and fitness as well as friendly introduction to local racing over the series.

Results are recorded and provide an opportunity and focus on individual progression.

Dates to be finalised early 2019 (consideration is made to other events in the region to maximise involvement) and is based on our existing annual schedule.

Participation in as many races as possible for all disciplines is encouraged with the accumulation of points to work towards the club series champion in each skill level / age group.

Cross Country (XC) Events

Round 1 to Round 10: Cost per junior \$20/ event

- Allows more novice riders an entry point with the focus on fitness initially
- Fitness and skill development with the difficulty and duration increasing over the series
- Flexible format to allow riders to do as much as they want
- Riders compete according to their skill and age group

Gravity Enduro (GE) Events

Round 1 to Round 5: Cost per junior \$30/ event

- Three to four gravity stages of riding per event where the gravity (descents) sections are timed but riders must ride (unassisted) back to the start for the next descent phase.
- Increase in the number of stages over the series
- Allows a progression from XC riding, dependent on fitness and an expansion of skills to manage the more technical gravity trails
- Riders compete in their age group

Downhill (DH) Events

Round 1 to Round 5: Cost per junior \$35/ event

- Practice runs followed by two timed descents on the nominated trail
- A progression to more advanced skills to manage the technical trail at speed
- Fitness is the key to managing this more grueling discipline
- Riders compete in their age group

Skills Clinics

Saturday/Sunday morning 3 hrs from 9am to 12 midday

Round 1 – 5(10) Skills Clinics: Cost per junior \$50/ event

- Suitable for both novice and experienced riders
- Caters to a range of age groups
- Maximum of 1 instructor to 8 junior riders
- Focus on progressive skill development
 - body position, braking modulation, cornering, trail scanning, bike and body separation, pumping the trail (activating pressure controls), and timing and coordination
- Guided instruction on technical features
- Fitness
- Practice runs in preparation for friendly racing activities
- Informal social activities follow the clinics

The Active Kidz funded membership allows the junior rider to compete in any event Nationwide so events outside the club are also now accessible.

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Central Coast Mountain Bike Club

www.ccmtb.com.au

Membership Program Costs

MTBA and Club Race Membership

- 12 month Junior (13-18 yrs) \$117
- 12 month Dirtmasters (3-12 yrs) \$67
- Value add (12 month Junior) \$97