



## 2023 MX TRAINING CAMPS

### Dates:

\*Tuesday to Thursday

**June 27 - 29**

**July 11 - 13**

**August 1 - 3**

**August 15 - 17**

**August 22 - 24**

**August 29 - 31**

**Camps run from:**

**9 a.m - 4 p.m**

Lessons begin at 9 a.m sharp; arrive with time to unload and change.

Participants may ride after the camp until 7 p.m

### Details:

**Cost: \$565 For the full 3 days, or \$190 / day + Applicable taxes.**

**\*Payment on Arrival**

- Aimed towards ALL Skill levels up to MRC Intermediate speed. Racers and riders alike.
- All ages are welcome.
- Private access to the facilities tracks; (Closed to the public during camp hours).
- Lunch, Water, and snacks will be provided.
- Photos from our on-site photographer, A. Purdy Pics.
- We do not cover everything everyday; attend the full camp for the full experience.

### What to expect:

**Around 6 hours / day of Lessons and guidance** from Pro level Instructors Including: **Brook Greenlaw** And **Kevin Sullivan**

### **Lessons include:**

- **Riding techniques** - Body position, Cornering, Jumping, Braking, throttle control, etc.
- **Track etiquette** - it is important for new riders to understand how to keep themselves and others safe during a busy practice day.
- **Practice races** - To improve the ability of experienced racers and provide a comfortable middle ground for riders interested in racing.
- **Racing theory** - Motocross is a mental game, racers need to know how to deal with emotions, plan passes and stay calm and focused to eliminate mistakes.
- **Race starts** - Learn how to start a race effectively on a real gate.
- **Fitness Techniques** - Giving you the tools to build a strong body.

**For more Information and to book, please call or text Brook Greenlaw @ 705-928-1114.**