



Motocross Lessons

Motopark Motocross Lessons Include, Basic and Advanced Training with 18 lessons to choose from. Everything from learning the clutch to high speed and technical corners.

The Rate for Lessons is \$50 per hour. Beginner lessons can be as short as 1 hour if we are just teaching a beginner rider how to get going. Generally, we can provide 3 to 5 lessons in our minimum 3 hour session. Prices are listed below for both private and group lessons.

Lessons are given based on the riders experience as well as their goals and objectives. Lessons are broken into Basic and Advanced Training

Basic Training:

1. Review of controls, starting the bike, starting to ride
2. Riding position and braking
3. Basic Cornering
4. Putting it all together- Riding into a corner- braking- coming out
5. Riding Uphill and Downhill
6. Practice routines
7. Basic Maintenance

Advanced Training:

1. Berms
2. Starts
3. Passing
4. Surfaces-hard pack, mud, sand, ruts, loam
5. Lines
6. High Speed and Technical corners
7. Wheeling obstacles
8. Whoops
9. Jumping concepts
10. Interval Training
11. Maintenance
12. Physical/Diet "Train & Eat to Win"
13. Psychological "As I Think, I Am"

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