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Motocross Camp Schedule

Sunday

3:00pm Sign in
5:00pm Dinner
5:45pm Camp greet and meet
6:00pm Track Walk & Lines Lesson
7:00pm Intro to the Mountain Bike / BMX Zone
9:00pm Camp Fire
11:00pm Lights Out

Monday

8:00am Breakfast
9:00am Roll Call & Camp Introduction
9:20am Practice Moto & splitting into groups.
9:45am Lesson #1 –Body Position
10:30am Break
10:45am Lesson #2 –Braking
11:30am Practice Moto
12:00pm Lunch
1:00pm Practice Moto
1:45pm Lesson #3 –Flat Corners 1
2:30pm Break
2:45pm Lesson #4 –Flat Corners 2
3:30pm Practice Moto
5:00pm Dinner
5:45pm Maintenance Lesson
7:00pm BMX/Mountain Bike Zone & other activities
9:00pm Camp Fire
11:00pm Lights Out

Tuesday

8:00am Breakfast
9:00am Practice Moto
9:45am Lesson #5 –Berms 1
10:30am Break
10:45am Lesson #6 –Berms 2
11:30am Practice Moto
12:00pm Lunch
1:00pm Practice Moto
1:45pm Lesson #7 –Ruts 1
2:30pm Break
2:45pm Lesson #8 –Ruts 2
3:30pm Practice Moto
4:00pm Maintenance
5:00pm Dinner
7:00pm Paintball
9:00pm Camp Fire
11:00pm Lights Out

Wednesday

8:00am Breakfast
9:00am Practice Moto
9:45am Lesson #9 –Off Cambers
10:30am Break
10:45am Lesson #10 –Whoops / Rollers
11:30am Practice Moto
12:00pm Lunch
1:00pm Practice Moto
1:45pm Lesson #11 –Slippery Surfaces
2:30pm Break
2:45pm Lesson #12 –Uphills & Down Hills
3:30pm Practice Moto
4:00pm Maintenance
5:00pm Dinner
5:30pm MP Camp Olympic Games
11:00pm Lights Out

Thursday

8:00am Breakfast
9:00am Practice Moto
9:45am Lesson #13 –Jumping 1
10:30am Break
10:45am Lesson #14 –Jumping 2
11:30am Practice Moto
12:00pm Lunch
1:00pm Practice Moto
1:45pm Lesson #15 –Passing
2:30pm Break
2:45pm Lesson #16 –Starts
3:30pm Practice Moto
4:00pm Maintenance
5:00pm Dinner
7:00pm Paintball
9:00pm Camp Fire
11:00pm Lights Out

Friday

8:00am Breakfast
9:00am Practice Moto
9:45am Lesson #17 –Review Lesson
10:30am Break
10:45am Relay Race
11:30am Practice Moto
12:00pm Lunch
1:00pm Sign out & Pickup