



AthletiCamps Race School Schedule (Tentative)

Day One

Time	Description	Notes
8:00 – 8:45 AM	Introductions, preview of the day, etc.	Rocklin Park Hotel Lobby
8:45 AM	Leave on bikes for skills clinic location	
9:00 – 11:45 AM	Skills Clinic	General skills that require a specific location
11:45 – 12:15 PM	Lunch Break	Will be provided
12:30 PM	Leave for ride and open road	Ride as a group out to where the rest of the on road riding will take place
12:30 – 1:00 PM		On the road
1:00 – 3:30 PM	On-road Clinic	
3:30 PM	Ride back to Hotel	Change cloths
4:30 – 6:00 PM	Begin review and discussion of day	We'll have snacks! Same place as the AM
6:00 PM	Session Complete	You can drive home or go to dinner

Day Two

Time	Description	Notes
8:00 – 9:00 AM	Review of previous day	Rocklin Park Hotel Lobby
9:00 AM	Leave on bikes for on road race simulations	
9:30 – 12:30 PM	Race simulations	General skills and Wheel Pit Changes
12:30 – 1:00 PM	Lunch Break	On the road – will be provided
1:15 – 2:30 PM	Mock Race	
2:45 PM	Ride back to Hotel	Change cloths
3:30 – 5:00 PM	Begin review and discussion of day; closing remarks	We'll have snacks! Same room as the AM

