



CBC: March Victoria MTB Skill Camp

Dates:

- March 6-10, 2023

Focus:

- In depth skill development for advanced to expert riders
- The introduction of skill-based deliberate practice for high performance athletes
- Aerobic endurance mileage
- Camp will be run by Cycling BC Head Coach Joel Harwood, and 10 development coaches - the athlete to coach ratio will be 4:1 or better
 - Development coaches all have extensive coaching and competitive experience across all mountain bike disciplines

What to bring:

- Mountain bike in proper working condition
- Helmet
- Gloves
- Knee pads
- Miscellaneous riding gear (rain jacket, tools, pump, etc.)
- Minimum 1L of fluids
- Minimum of 500 calories of food

Camp Schedule:

Date	Start Location & Time	End Location & Time	Skill Objectives	Endurance Objectives
March 6	Jordi Lunn Bike Park - 2:00pm	Jordi Lunn Bike Park - 5:00pm	Now versus next: where and when to look ahead	Seated posture cues
March 7	Jordi Lunn Bike Park - 2:00pm	Jordi Lunn Bike Park - 5:00pm	Body position: what, why and how. Tall versus small	Quadrant cues
March 8	Jordi Lunn Bike Park - 2:00pm	Jordi Lunn Bike Park - 5:00pm	Active pressure: what, why, and how. Pumping technique and tactics	Cadence cues
March 9	Jordi Lunn Bike Park - 2:00pm	Jordi Lunn Bike Park - 5:00pm	Flat cornering technique: what, why and how	Standing posture cues
March 10	Jordi Lunn Bike Park - 2:00pm	Jordi Lunn Bike Park - 5:00pm	Braking: technique and tactics	Sprinting posture cues



Please dress for the weather, which can be confirmed [here](#).

Registration:

All athletes are responsible for their own transportation and accommodation.

All athletes must register for this camp, including those actively participating in the Hub. There is a project fee of \$250, which must be paid at the time of registration.

[Please use this link](#), and register for "HUB Afternoon Camp". Feel free to email joe@cyclingbc.net with any questions.

Looking forward to seeing everybody on the trails!