



Shredda's: Skills Coaching Clinics 2019

Our Shredda's Skills Coaching Clinics are aimed at the more experienced riders looking to progress their skills to the next level. The emphasis is on Mountain Biking & they will need to be confident riders. Structured Bike coaching from our professional & experienced Instructors.

Suggested age range 9-14yrs. Please note this is indicative only, talk to us if you are unsure if you child is suitable, it's based on riding ability than calendar age.

LOCATIONS:

- **Wooroi Dayuse Area, Tewantin National Park** (entrance opposite Carramar Noosa, 186 Noosa-Cooroy Rd)
- **Lake Macdonald Mary River Cod Park Dayuse Area** (accessed from Collwood Road. From Cooroy-Noosa Road, turn into Sivyers Road, then Gumboil Road then Collwood Road (follow the small blue signs to 'Scout Camp' & the Mary River Cod Park Day Use area is just past the entrance to the Scout Camp).
- **Parklands Conservation Park, Nambour** (entrance from the carpark on Radar Hill Rd)
- **Victory Heights Trails, Gympie** (carpark on Gympie Connection Road)

TIMINGS:

- 1Day Clinics: 9am – 2pm (5hrs). Locations tbc and can include Lake Macdonald, Noosa Trail Network (cross country trails), Wooroi, Tewantin NP (flow trails) or Parklands Conservation Reserve.
- 2hr Clinic(1-3pm) @ Victory Heights Trails

RIDING ABILITY:

Groups will be streamed based on riding ability with 1 Bike Instructor per group of 6-10Kids.

COST (10% sibling discounts available):

- \$90 for the 1Day Clinic(5hrs)
- \$50 for the 2hr Clinic (Victory Heights Trails – location tbc)

HIGHLIGHTS & INCLUSIONS:

- Structured Bike coaching from our professional & experienced Staff. 1 dedicated Bike Coach per group of 6 to 10Kids. Groups steamed based on riding abilities.
- Morning Tea is provided (home-made muffins & cut fruit).
- Bring your own bike or talk to us if you need a bike (small fee applies to cover servicing \$25 per bike)
- We take a bunch of photo's & a link to an edited folder will be emailed at the end of each Clinic.
- The Clinics are designed to **improve, motivate & inspire** while taking MTB skills to the next level.

Bike On:

As a professional organisation we have qualified & experienced Coaches who work on a regular basis with School Age Students. All Bike On staff hold current First Aid certificates & Blue cards. As a professional organisation we have Public Liab Insurance & Professional Indemnity plus the appropriate commercial activity permits.

