

Mountain Bike Training afternoons 6:00pm till 7:00pm + 1 night ride

	Coach	Helpers			Location	Activity
11/01/2012	MH		AW	Welby	Hamburger Rock Part A	Hill Climbs soft surfaces. In Saddle. Out of saddle. Spinning, Loading Up
18/01/2012	BD	MH	AW	Welby	Tarmac at Tip	Braking.Speed thru grass then onto left turn then down hill at speed. Hill Climb Uneven surfaces.Prepare for mound TR at bottom and complete a circuit
25/01/2012	RM	HH	AW	Welby	Parrallel to Scar Trail	Uneven climb, creek crossing wheelie jump over log. TR at top and go around to do a loop.
1/02/2012	MH		AW	Welby	Beg of Welby beside bw fence.	Downhill descents. Pick lines. Drop offs, Rock gardens.
8/02/2012	BD	MH	AW	Welby	Welby oval	Game of Mtn Bike soccer
15/02/2012	RM	MH	AW	Welby	Hamburger Rock Part 2	Uneven Decents and rises.Up and down rough surfaces
22/02/2012	MH		AW	Welby	Ryan & Carr boys BMX track	Uncomfortable tight tracks
29/02/2012	BD	MH		Wingello		Jumps
7/03/2012	MH		AW	Welby	Easy fast loops. No technical	Night Ride
14/03/2012	R.McGee		AW	Welby	Scar Trail	Long hill climbs.
21/03/2012	MH		AW	Welby		Raining Day with slippery sections
28/03/2012	BD	MH		Wingello		
4/04/2012	?					
11/04/2012	?					
18/04/2012	MH					
25/04/2012	?					
25/04/2012	Anzac Day					
6/04/2012	6/04/2012	Good Friday				
9/04/2012	9/04/2012	Easter Monday				