

# TRAINING & COMPETITION DAYS

One day Training & Competition for KS2



## Half day race skills followed by half day competition coached by an Ex Professional.

Our Training & Competition Day is an opportunity for a whole class to gain expert tuition in key race skills followed by taking part in a competition comprising a range of disciplines.

The one-day event is designed for one KS2 class (usually year 5 or 6) and is split into a morning training session which is spent coaching the basic skills needed for racing such as starting, cornering, climbing, group riding, and sprinting, followed by a mini-tournament in the afternoon which introduces the children to some of the different kinds of races found in the sport.

Points are awarded for each race and totaled at the end where the winners are presented with certificates, medals, and/or a trophy.



"We thoroughly enjoyed the event. The children love the engagement and the competitiveness. It's wonderful to see so many children taking part in an event that is so different and that they enjoy so much. Such a valuable experience."

**Neil Saunders, Deputy Head,  
The Michael Syddall Primary  
School, Catterick, North Yorkshire**