TFR Driver Training 3 Agenda

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| Friday November 17, 2023, 1:30pm – 6:00pm | | |
| **Time** | **Event** | **Name Sign-up** |
| 11:30am – 1:30pm | Early car/track setup | Jakob, Dan |
| 1:30pm – 1:45pm | Team Meeting | All |
| 1:45pm – 2:30pm | Course walk, shake down | All |
|  |  |  |
| **Session 1** | | |
| 2:30pm – 3:30pm | 6x threshold brake | Fred |
| 10L cone course | Fred |
| Debrief | Fred |
| 10L cone course | Fred |
| 3:30pm – 3:45pm | Change drivers | Pit crew |
|  | | |
| **Session 2** | | |
| 3:45pm – 4:45pm | Shifting practice | Kaci |
| 6x threshold brake | Kaci |
| 10L cone course | Kaci |
| Debrief | Kaci |
| 10L cone course | Kaci |
| 4:45pm – 5:00pm | Change drivers | Pit crew |
|  |  |  |
|  | **Session 3** |  |
| 5:00pm – 6:00pm | Basic skills practice | Bernadette |

Notes:

* Charge radios
* Test headphones
* Break into sub-teams
* Everyone needs a task
* Driver performance
  + Coaching notes
  + Driver notes

Fred

* Shake down
* Brake warm up
* Cone course

Kaci

* Shifting
* Brake warm up
* Cone course

Bern

* Clutch
* Braking
* Shifting