



# Motocross School

## REGISTRATION FORM

**Schedule** 8:00am to 9:00am Registration \$50.00 (All Proceeds going to the Brian House Newfoundland MX fund to support a local Newfoundland rider to the Riverglade National)

9:00am Introduction  
 Bike Set Up  
 Gear and Preparation  
 Diet  
 Training  
 Riding Position  
 Stretching

Break out into groups  
 Group 1 (50cc) Instructors Steven and Abbie  
 Group 2 (65-85cc) Instructors Larry and Levi  
 Group 3 (125 and up Beginner) Instructors Nathan and Earl  
 Group 4 (125 and up Advanced) Instructors Lee, Charlie

10:30am Walk Track

11:00am Group 1 50cc Practice (15min)

11:15am Group 2 65-85cc Practice (15min)

11:30am Group 3 125 and up Practice Beginner (15min)

11:45am Group 4 125 and up Practice Advanced (15min)

12:00 to 1:00 Lunch (Provided)

Time	Group 1	Group 2	Group 3	Group 4
1:00-1:30pm	Starts and Braking	Whoops	Barrel Turns	Double Jumps
1:30-2:00pm	Double Jumps	High Speed Turns	Table top jumps	Whoops
2:00-2:30pm	Whoops	Barrel Turns	Starts and Braking	High Speed Turns
2:30-3:00pm	High Speed Turns	Table top jumps	Double Jumps	Barrel Turns
3:00-3:30pm	Barrel Turns	Starts and Braking	Whoops	Table top jumps
3:30-4:00pm	Table top jumps	Double Jumps	High Speed Turns	Starts and Braking

4:00pm Group 1 50cc Practice (15min)

4:15pm Group 2 65-85cc Practice (15min)

4:30pm Group 3 125 and up Practice Beginner (15min)

4:45pm Group 4 125 and up Practice Advanced (15min)

5:00pm Wrap up Question and answer

### Registration (Please Print)

NAME:	DATE OF BIRTH:
STREET:	YEARS RIDING:
CITY/PROVINCE:	MODEL OF BIKE:
POSTAL CODE:	CLASS:
TELEPHONE NO.:	NUMBER:

I agree to conform to and comply with all the rules set forth by the Canadian Motorsport Racing Club and the promoting organization and further agree to hold blameless the CMRC, its officers and officials, and Riverglade Motocross, the owner of the premises, or any officers thereof, for any loss or injury to me or to my property, to assume all responsibility for doctor, ambulance expense, hospital expenses, and medical expense and any loss or injury to me and/or to personal property in which I may become involved by reason of participation at the Riverglade Motocross facility.

SIGNATURE \_\_\_\_\_

DATE: \_\_\_\_\_

(If under 18 must be signed by parent or guardian)