



## Trials Training Days March 24/25, 2018

### Section Descriptions:

Log Crossings (Location 1)	Learn basic log crossings, un-weighting, logs at an angle, holding pressure, with logs of all shapes and sizes. Sessions 1,3,5,7
Hop 'til you drop (Location 1)	Learn techniques for hopping the bike, including basics of balancing the bike, front wheel hops, rear wheel hops, and flip turns for the more advanced riders. Sessions 2,4,6,8
The Basics (Location 2)	This Basics class is designed for novice riders, or anyone, who wants to work on the basic skills: body position, turning, balance, and control. A must for riders new to trials, as this will prepare you for the other skill sessions to come. Sessions 1 & 2 & 5
Basic Ledges (Location 3)	Work on the basics of ledges, of all sizes. Focus will be on the basic ride up, impacting with the front tire, and using the suspension to help with the bike. Sessions 1, 2, 5 & 6.
Advanced Ledges: Zaps (Location 3)	Learn the zap technique for undercut ledges. Be sure to attend one of the basic ledges. Sessions 3,7
Advanced Ledges: Splatters (Location 3)	Learn the technique for rear-wheel first impact into big ledges. Go Big! Be sure to attend one of the basic sessions first. Sessions 4-8
Hills (Location 4)	Hillclimbs and descents are made with confidence after you master the techniques of body position, throttle and brake control. The hill practice area will have a range of hills for all skill levels. Sessions 3,5,7
Camber Turns (Location 4)	After you master climbing and descending, work on those tricky camber turns on the side hill sections that are the source of so many club trials events. Sessions 4,6,8
Section and Strategy & The Art of War (Location 5)	Competition skills include how to read the terrain and pick out the optimum lines within the section as well as competition skills and the "mental side" of Trials. Learn from the champs about how to keep your composure and get the most out of yourself. Sessions 2, 4, 6, 8.
Difficult Turns & Floaters. & Point Savers (Location 5)	Save points by learning how to make that difficult turn, float the end of the bike to miss that point taker! Sessions 1, 3, 5, 7
Making Traction (Location 6)	This session is necessary for riding in Tennessee! The basics of throttle control and body position will maximize your ability to make traction when riding conditions are slippery. When the terrain is greasy, you can't cover poor techniques! Sessions 1, 3, 5, & 7
Refining Your Style Focus on Details (Location 7)	Foot peg input (riding with one hand) so you are forced to focus steering with foot pegs and having correct stance on bike. Body position for all conditions, so the rider is in the best position for each sub section. Sessions: 3,4,6,7,8
The "Scottish" Rocky Creek (Location 8)	Wear your Wellie's! Master the skills from the old school style section, with a ride up the creek bed. Work on line selection, being active on the bike, throttle control, maintaining momentum, and looking ahead. Sessions 2, 4, 6, 8
Adventure Ride (Meet at Pavilion) (Location 9)	Last session on Saturday will be a trials adventure ride to check out some of the magnificent waterfalls and scenic mountain trails. It is a great ride on a trials bike! There will be optional sections for more experienced riders and shortcuts for the less adventurous. Session 4
Sherco Pitstop	Get maintenance and bike setup tips <b>on any brand of bike</b> from the Sherco factory team, Ongoing all through the day. They are also available to help with repair problems if needed.