

Junior Dirt Skills

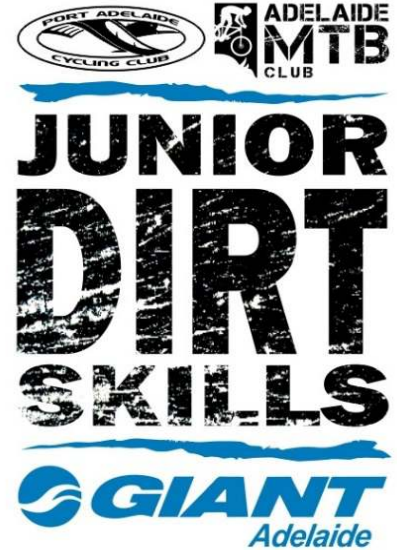
Program Summary

The Junior Dirt Skills Program is a joint initiative of the Port Adelaide Cycling Club and the Adelaide Mountain Bike Club.

Our main aim is teach children the skills and etiquette to increase their competence, confidence, and enjoyment of riding bikes in natural and off-road environments.

The program caters for girls and boys aged from 4 to 16 years and is tailored and structured to suit their various abilities.

MTBA trained Level 0 coaches (and other qualified coaches) will deliver the clinics with assistance from some parents/guardians. Coaches will have all the necessary qualifications to deliver this level of coaching. For details, visit: www.mtba.asn.au/development/coaching



Our Approach

We are dedicated to fostering a safe and fun atmosphere that nurtures a love for cycling and the outdoors. We want to make it fun. One of the great joys in life is riding a bike, something we never forget. Most current research shows the best way to develop young riders is to focus on their skills and ensure they are in a fun environment to keep them interested and developing.

Skills and Topics

Skills learned:

- Bike handling
- Descending skills
- Clearing obstacles
- Bike safety
- Proper technique
- Race craft and etiquette

Related topics covered:

- Bike care
- Nutrition & Hydration
- Respect for the outdoors
- Respect for the Trails
- Respect for other trail users and riders



Program Contact	Details
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