



Thank you for registering for the
OSET & JUNIOR SKILLS AND DRILLS TRAINING DAY 2019
on Sunday 10th March

Please arrive at the AJS Trial Park (Wattle Ave East, Neerabup) in plenty of time to unload your bike(s), change, register and have your bike scrutineered (checked for safety). The gates to the Trial Park will open at **8:00am**. Location: <https://goo.gl/maps/ZaY4BeA2kpS2>

What each rider will need to bring.

As a minimum to ride, each rider will need a motorbike, helmet (Australian or International Standards Approved), calf-length boots, long trousers, long sleeved shirt or jersey and a pair of gloves. We have a limited number of small helmets and boots available that may have to be shared.

8:15 Registration opens

8:30 Scrutineering opens, rider and parent to attend with bike.

PLEASE DO NOT ride around while you are waiting. Once scrutineered the bikes will be left in a taped off area until after the Riders Briefing. This is for safety of riders, bikes and cars moving through the carpark.

8:45 Go to the Club Shed and you will be taken through some warm up and stretching activities

9:00 Riders Briefing in undercover area

At this briefing you will be put into groups with riders of similar ability.

9:15 Riding to start

Your riding group and your instructor will work through a series of skills, drills and activities laid out within the Trial Park. Make sure you have your drink bottle with you and drink plenty.

10:45 – 11:00 - drink/food break

11:00 – 12:30 Second session of Skills and Drills

12:30 - BBQ

Neil Price (WA State Champion) may demonstrate his skills in the Trial Park Arena.

1:30 – 2:30 Open Practice Time to practice the skills learned. Pack up and leave for home with memories, stories and pictures to share.

There will be flexibility in times as we are working with juniors 😊

The emphasis for the day will be on fun, completing the drills, taking on the challenges, gaining and improving skills, watching others, cheering each other on and “keeping the feet up”. The activities will have an emphasis on rider and bike control and the skills needed to enjoy riding trials.

Become Involved

We're looking for help with marking out the drills and skills (most likely on Sat March 9th), helping on the day and packing up at the end of the event. Contact us on ajstrials@hotmail.com

We look forward to seeing you and your rider(s) at the 'OSET & Junior Skills and Drills Day'.