



# 2017 BMX Summer Camp Ages 6 to 12

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Junior Instructors	(TBD)

## BMX Summer Camp

Looking to become a better rider? Sign your rider up for 3 day skills camp geared for Novice to Intermediate riders ages 6-12. Whether you are new to the sport of BMX or already racing, this summer camp combines the fun of learning and riding BMX with skills specific activities designed for each age group and skill level. Our goal is to provide an environment in which every camper can set goals and grow while developing sportsmanship, integrity, confidence, and a lifelong passion for the sport of BMX!



### Topics covered during each session:

1. Dynamic stretching & warm up
2. Bike balance & coordination skills
3. Gate technique & practice
4. Nutrition
5. Hydration
6. Cornering skills
7. Jumping skills
8. BMX sprinting techniques
9. BMX safety & equipment & maintenance
10. We promote a healthy, competitive environment that ensures safety & enjoyment

❖ Space is limited to 30 participants per camp and pre-registration is required

### Novant Health BMX Supercross Track

1307 Riverwalk Parkway

Rock Hill, SC 29730

(803) 326-2441

NovantHealthBMX.com

[Info.bmx@cityofrockhill.com](mailto:Info.bmx@cityofrockhill.com)



## 2017 BMX Summer Camp Dates:

- Camp # 1** June 6-8 (Tuesday-Thursday)
- Camp # 2** June 20-22 (Tuesday-Thursday)
- Camp # 3** Aug 8-10 (Tuesday-Thursday)

### Don't forget to bring:

- **BMX bike**
- **Helmet**
- **Gloves** (recommended)
- **Long Sleeve shirt**
- **Long pants** (no shorts)
- **Water bottle**
- **Sunscreen**
- **Snacks**

**NOTE:** This camp is not designed to teach participants how to ride a bike. For more information on Learn to Ride Programs please email [bikerockhill@cityofrockhill.com](mailto:bikerockhill@cityofrockhill.com)

### 3 Day BMX Camp

\$60 per rider

\$80 per rider w/ bike and helmet rental

### Camp Schedule

- 8:30 AM:** Early drop off available
- 8:45 AM - 9:00 AM:** Parents check in at the BMX registration and campers meet on the pump track
- 9:00 AM - 9:45 AM:** Dynamic Warm up
- 9:45 AM - 10:30 AM:** BMX activities on the track
- 10:30 AM - 10:45 AM:** Water/Snack Break
- 10:45 AM - 11:45 AM:** BMX activities on the track
- 11:45 AM:** Camp recap
- 12:00 PM:** Parents pick up

