



OCA Rising Stars MTB Skills Camp

October 20, 2018

Kelso Conservation

OVERVIEW

The OCA is hosting a MTB Skills Camp to assist young athletes enhance their technical race skills. The purpose is to help athletes become more efficient on their bike and ultimately improve their race skills and performance. The camp will be hosted by Andrew Watson and cover the following key topics:

- a) Body positions and movements to create stability and the opportunity to recover on the trails
- b) Cornering and braking efficiency
- c) Managing technical features such as drops, log overs and steep descents

ELIGIBILITY

- Athlete aged 14-18 (exceptions may be considered)
- Athletes holding a 2018 UCI or Citizen Permit from the OCA
- Athletes actively participating in O-Cups or Weekly Series

REGISTRATION

Registration will be done on first come first served basis. However, the OCA must take into consideration the level of experience of each athlete to ensure safety and appropriateness of the camp. All registrations must be completed by **October 15, 2018**.

Register at: [OCA Rising Stars Camp](#)

Cost: \$50.00 [athletes are responsible for gate fees and packing their own meals]

SCHEDULE (subject to change)

10:00am – Meet at West Lodge (in kit and ready to go) – Overview of the day and safety reminders

10:15am – On-trail instruction and activities

12:30pm – Lunch (athletes must bring their own lunch)

1:30pm – On-trail instruction and activities

3:30pm – Debrief of the day

4:00pm – Camp ends/Athlete pick-up