

BreakAway Rides

Junior Mountain Biking Academy Calendar

School Term 2 2018 | 10 Apr – 22 Jun

Our weekly classes are based on a progression skills programme to ensure a quick learning curve. We identify your child's skills level and allocate them to the correct group to ensure progression over the course of each term. We offer Beginner (Level 1-3), Intermediate (Level 4-7) and Advanced (Level 8-10) classes. Our programme focuses on skills and fitness training. We encourage our students to attend at least one race within close vicinity of Cape town each term. The race calendar will be released in the beginning of each term.

We run quarterly holiday workshops. Please view Facebook and our website for dates.

Friday 15h15-17h15 Norther Suburbs Group 1 Beg L 1-3 / Group 2 Interm L 4-7/8-10 Coaches: Robert & Katja		Saturday 9h00-11h00 Southern & Northern Suburbs Group 1 Beg L 1-3 / Group 2 Interm L 4-7/8-10 Coaches: Robert & Katja	
14 April	Meerendal	14 April	Constantia Bike Park/Tokai/Green Belts
21 April	Bloemendal/B-Gums/Nitida/Hillcrest	21 April	Bloemendal/B-Gums/Nitida/Hillcrest
28 April	Contermanskloof	28 April	Table Mountain/Deer Park
05 May	Hoogekraal	05 May	Contermanskloof
12 May	Meerendal	12 May	Rhodes Memorial/UCT XCO course
19 May	Bloemendal/B-Gums/Nitida/Hillcrest	19 May	Hazendal Wine Farm/ Bottelary Hills
26 May	Contermanskloof	26 May	Constantia Bike Park/Tokai/Green Belts
02 June	Hoogekraal	02 June	Bloemendal/B-Gums/Nitida/Hillcrest
09 June	Meerendal	09 June	Table Mountain/Deer Park
16 June	Bloemendal/B-Gums/Nitida/Hillcrest	16 June	Hoogekraal/Cobra/Fair Cape
23 June	Contermanskloof	23 June	Constantia Bike Park/Tokai/Green Belts

BreakAway Rides

Module	Single Track Foundation (Level 1-2)	Intermediate (Level 3-7)	Advanced (Level 8-10)
Requirements	can brake, steer, pedal and balance bike without support	completed beginners level or able to perform listed techniques	Completed intermediate level or able to perform listed techniques
Program	<ul style="list-style-type: none"> • Getting to know your mountain bike • Bike Safety & maintenance • Learning the 'attack position' and correct weight shifting • Correct gear selection • Effective braking • Negotiating small trail obstacles incl. A-frames, bridges, rocks, roots, smaller drops • Bike balancing • Bike body separation • Vision and Mind • Pumping/Loading Unloading • Cornering foundation 	<ul style="list-style-type: none"> • Front wheel lift, manual and wheelie • Rear wheel lift • Negotiating rock gardens, sand, roots • Fast Cornering flat bends and berms • Cornering on gradients • Switch back practice • Learning to jump small drop offs, steps and ramps safely and in control • Fitness training will be introduced to improve endurance and speed 	<ul style="list-style-type: none"> • Learn American bunny hop • Efficient and smooth riding • Riding larger drop offs, steps and ramps (XCO level) • Negotiating steep terrain (up/down) • Slow Speed drills incl. endos, side hops, static hop • Fitness training for improved endurance and speed
Beginner Level	Level 1	No or limited riding experience, fitness irrelevant	
	Level 2	Can ride basic trails, learning foundation techniques, 3-6 months regular practice time, fitness irrelevant	
	Level 3	Proficient in Single Track Foundation techniques, low fitness level i.e. requires breaks every 20-30 minutes and cannot ride for over 60 minutes continuously. Does not work out or ride weekly.	
Inter-mediate Level	Level 4	Proficient in Single Track Foundation techniques, good base fitness i.e. able to ride over 2 hours undulated terrain, does weekly fitness training and frequent rides.	
	Level 5	Good bike handling, can do most of the listed techniques, low fitness level (see above L3)	
	Level 6	Good bike handling, can do most of the listed techniques, good fitness (see above L4)	
	Level 7	Very good bike handling, can do all the listed techniques L1-7, good or very good fitness	
Advanced Level	Level 8	Very good bike handling, can do all the L1-7 techniques, learning advanced techniques, good or very good fitness	
	Level 9	Excellent bike handling, can do most of the listed techniques, good or very good fitness	
	Level 10	Excellent bike handling, can do all the listed techniques, excellent fitness	