



**HOLIDAY CAMP 1 – Jan 9-11<sup>th</sup> 2017**

**HOLIDAY CAMP 2 – Jan 16-18<sup>th</sup> 2017**

**Location:** Qld Moto Park, 110 Goan Rd, Coulson QLD 4310

**Time:** 7:30am - 4:30pm

**Who:** 4 years and above, male and females

**What:** 3-day camp for riders of all skill levels

**Cost:** Child (4 to 15 years) = \$250      Adult (16 years and over) = \$300  
*Family discount. (\$30 off for second family member and \$15 off for third family member)*

**Registrations open – 22/11/16**

**Registrations close – 04/01/17**

QMP Holiday Camp is a 3-day program for all ages from beginners to intermediate skill level. Each participant will challenge their skill development in a safe and supportive environment. Riders will be split into groups depending on age, skill level and bike size. The camp will give each rider more confidence on the bike through the different coaching activities each day.

The experienced, positive and passionate coaches at this camp will help each participant grow into a better, more confident rider. Regardless of your skill level, our coaches will give you the opportunity to learn and improve on your individual ability. Each rider will walk away more educated, happy and wanting to come back for more.

**Camp Co-ordinator** – Rod Jenner (Motorcycling Australia – Level 2 Coach)

**Additional Coaches** – Jemma Wilson and Barry Surawski

**Camping Information-** Participants can choose to camp over night at the park at no additional charge. Parent or guardian is required to camp if under 18. Camping for camp participants is from Sunday till Thursday. Any further nights need to be paid at the QMP Office.

**Licencing Information-** If the participant doesn't hold a MA licence they will be required to purchase a day licence each day.

*(Day licence cost - \$7.50 for child and \$10 for adult)*

# Camp Information:

## What do you get:

- Coached daily by Qualified Accredited Motorcycling Australia coaches
- On and off the bike skill training
- Fun activities/games and prizes
- Morning tea, lunch and afternoon tea
- Dedicated first aid area
- Onsite camping

## Mandatory Equipment:

- Motorbike (good running condition)
- Approved helmet
- Approved gloves
- Approved boots
- Approved chest protector
- Approved kneepads
- Approved Pants and Jersey

## Basic Training:

- Ergonomics & controls, starting to ride the bike
- Riding positions, braking, cornering, riding uphill and downhill
- Practice routines
- Basic bike maintenance

## Advanced Training:

- Riding berms
- Race starts and procedures
- Line, passing, high speed, technical corners
- Whoops and jumping concepts
- Advanced Bike Maintenance
- Physical and Nutrition routines

## Off-Road Curriculum:

- Proper riding clothing and PPE
- Basic maintenance & pre-ride inspection
- Review of controls, starting the bike, starting to ride
- Riding position and braking
- Basic cornering
- Putting it all together – riding into a corner – braking coming out
- Riding uphill and downhill
- Practice routines
- Surfaces – sand, mud, ruts, water, and hard pack
- Whoops, jumping concepts, and wheeling obstacles
- Trail etiquette

## Other Information:

- **Yamaha Race Truck** will be at QMP every day of the camp. Yamaha will be holding *Motorcycle Technician Courses* during the time of the camp for Parents and Guardians wanting to learn more about basic motorbike mechanics. Dates, times and prices to be confirmed at sign on.
- **Mountain Biking** - This is an optional activity. Please bring your mountain bike and gear to the camp if you wish to participate. If you don't want to participate the camp will start at 9am for you on Day 2 and 3.
- **Optional: Day 4** – Supercross accreditation by Barry Surawski (pending skill level and numbers)  
**Time - 9am – 12pm**  
**Cost - \$120 per head (paid in cash to Barry on the day)**