



Frequently Asked Questions

For all ages of Trail Blazer Programs: Equipment and Tools

Have you bike fully tuned up, tires pumped and grease on your clean bike chain.

What to bring:

Helmet (mandatory)

Cycling is a sport where self sufficiency is a necessity therefore; please INVEST in your ride INSURANCE. Your insurance includes: Frame mounted pump, Saddle Bag with the following items to fix a flat tire, broken chain or adjust something that has loosened off- spare tube with matching valve (Schrader or Presta valve), Tire levers (2), multi tool.

Coaches WILL help you and won't leave you stranded however, brownie points for beginner cyclists if you have the "right stuff" to fix your bike!!!

Jr. Trail Blazer Program (ages 10-15 yrs)

What is the goal of the program? To provide an opportunity for kids to learn the fundamental skills, training and how to improve in the sport mountain biking.

Do participants need experience? It is strongly recommended for your child to have fitness training experience (cycling or other sports), desire to learn how to mountain bike and a good quality bike.

What is provided? Professional coaching and training, one healthy snack, assistance with equipment maintenance.

Does my child bring lunch, snacks and water? Yes! Healthy food is strongly encouraged. We will be active all day and therefore your child will be very hungry and thirsty. Extra food/beverage will be stored in the support vehicle or with the Coach (back pack).

What to wear?

MANDATORY HELMET

Cycling clothes preferred

Cycling clothing is not mandatory however; if you have it, wear it!!! It's the best for riding, staying cool. Coolmax type of sport clothing is preferred as it does not retain moisture unlike cotton. Please bring a back pack that offers a change of clothing or extra warm clothing as windchill definitely affects cyclists!

What will my child learn? How to train like cyclist.

What if the weather is stormy? We will take shelter until the storm risk passes. We take this opportunity to teach kids all the components of mountain biking from nutrition to bike repair to team building activities



Frequently Asked Questions

Is there opportunity to do other sports? Although the camp goal is mountain biking, we also introduce the kids to road riding formation and skills which will come in useful if they express interest in training for the sport. We also provide after lunch activities that are off the bike to work on their reflexes and team cohesiveness.

Where is the camp located?

2 days in Beamsville, Kinsmen Park

3 days in St. Catharines, Naturalization Site (Brock University)

What makes this program different than traditional day camps? Certified Cycling Coaches that are committed and sharing their passion of cycling with youth. We have a reputation in Niagara for providing top notch coaching for cyclists who are beginner, race entry, expert. We are devoted to building better cyclists for long term participation in sport in a TEAM like atmosphere.

Jr. Trail Blazer 2 (11-16 years)

Program Goal? To provide an opportunity for kids to train like mountain bike racers

Do participants need to have a racing background or racing interest? No, however, we do require a commitment to “train like a racer” which means they will try their best to accomplish the camp goals.

Trail Blazer (adult, co-ed program)

Does this course put me at risk for injury?

No- we will do everything in our power to **limit risk**. We provide a safe atmosphere and training area and break down the skill so that you can remain safe. Realize that this sport is risky and you need to focus, limit multi tasking and listen to your inner voice of reason. Coaches will not force you to do anything you aren't comfortable with. Knowledge is power but is also SAFETY! By knowing the body positions on the bike you need to be in, you increase your safety!!!!

What do I need to bring?

Please look at the equipment and tools section

Plus, please bring a healthy snack with you such as dried fruit, fruit, granola bar
Water Bottle of water

Do Reactivated Coaches carry a first aid kit?

Yes and maintain basic first aid training and have an emergency action plan in place. If you have any medical issues, please speak to the coach so that they can assist you best if you need help.