



TRANSCEND ATHLETICS INC.

Corp #2019746300

Welcome to the 2021 Transcend Athletics Kids Mountain Bike Skills & Ride Camp! We are excited to be offering a weekly kids mountain biking skills and riding camp this spring. We know that the sport is growing and would like to help with that growth to athletes under the age of 18.

The camp will run Tuesday nights or Wednesday nights starting at 6:30pm at Capilano Park. The camp will consist of 20 to 30 minutes of teaching and practicing of an essential on bike skill. The athletes will learn skills required to safely navigate single track trails, including balance position, controlled braking, weight distribution, cornering, climbing and descending techniques. For the more advanced riders, along with improving these skills, there will be opportunities to learn and practice how to jump, navigate drops and other trail features with confidence, and correct techniques for bunny hops and manuals. We will then ride through the river valley trails for approximately 1 hour. This may vary depending on group size, age, and skill of the riders. The goal of this camp is to grow the passion of the young riders, while giving them the skills to enjoy and enhance their time riding their bikes.

The cost for the Kids Mountain Bike Skills & Ride Camp is \$157.50 (GST included). This fee includes coaching and instructing from a certified bike instructor as well as a Transcend Athletics shirt. There will be a limit of 12 registration spots for this camp to ensure quality coaching.

All registration info can be found online at www.transcendathletics.ca

www.transcendathletics.ca

166 Willow Street
Sherwood Park, AB
T8A 1P6



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DATES & LOCATIONS – TUESDAY NIGHTS

April 20 – 6:30pm – Capilano Park
April 27 – 6:30pm – Capilano Park
May 4 – 6:30pm – Capilano Park
May 11 – 6:30pm – Capilano Park
May 18 – 6:30pm – Capilano Park
May 25 – 6:30pm – Capilano Park
June 1 – 6:30pm – Capilano Park
June 8 – 6:30pm – Capilano Park
June 15 – 6:30pm – Capilano Park
June 22 – 6:30pm – Capilano Park

DATES & LOCATIONS – WEDNESDAY NIGHTS

April 21 – 6:30pm – Capilano Park
April 28 – 6:30pm – Capilano Park
May 5 – 6:30pm – Capilano Park
May 12 – 6:30pm – Capilano Park
May 19 – 6:30pm – Capilano Park
May 26 – 6:30pm – Capilano Park
June 2 – 6:30pm – Capilano Park
June 9 – 6:30pm – Capilano Park
June 16 – 6:30pm – Capilano Park
June 23 – 6:30pm – Capilano Park

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ITEMS TO BRING

- Mountain bike in good working order - minimum 5 gears and 1.5" wide tires. (No BMX Style bikes)
 - Proper fitting helmet
 - Gloves (Optional but preferred)
 - Shoes (no open toed shoes)
- Water bottle or Camel back style backpack
 - Spare tire tube
 - Snack (optional)

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