

Dream Camp 2009

Schedule:

Day 1(Mon)

8:00am

Sign In

Open Breakfast for campers and their family.

9:30am

Orientation & Introductions

Assign Cabins and beds; go over schedule and activities. (all parents are welcome and invited to stay for orientation, and may leave afterwards.)

10:15 to 11:00

Unpack and Gear Up for:

Riding Tour of the park, facilities and tracks.

11:00 to 12:30

Open Riding with trainers

After tour open riding until lunch. This will give you a chance to get familiar with the tracks.

12:30 to 1:30

Lunch:

Hamburgers and Hotdogs on the grill with french fries, fresh fruit and a snack.

1:30 to 5:00

Open Riding and Classifications

Riders will be paired off into groups based on riding ability as shown during open riding, and on your registration.

5:00 to 6:30

Free Time:

Relax around the cabin, take a walk, socialize, clean or work on your bike.

6:30 to 7:30

Dinner:

Home style cooking. Beef and Mash potatoes, fresh vegetables and Fruit. Chocolate cake and Fresh Apple Pie for desert.

8:30 pm

Video of days ride.

Come to the dining hall to view and critique video of today's riding.

10:30pm

Lights out: quiet time.

During Lights out, older campers wishing to stay up later may do so quietly outside their own cabin. Disturbing campers that are trying to get a full nights sleep, will not be allowed.

Dream Camp 2009

Schedule:

Day 2 (Tue.)

7:30 to 8:30 am **Breakfast:**

All you can eat Pancakes and Eggs with bacon and sausage and fresh fruit.

9:00 to 10:30 **Bike Set-up and Body Positioning**

Meet in the big barn to go over proper bike set up and proper body positioning. Be geared up and have all your equipment with you.

10:30 to 12:30 **Group Riding**

Ride with your group and camp counselor. Working on Jumps – working them one at a time until dialed in.

12:30 to 3:00 **Lunch:**

Cook out with pit beef and swimming at our man made lake. Tracks will be open for anyone wanting to ride.

4:00 to 6:00 **Group Ride Session**

Working the track. Blasting turns. Getting comfortable. Using option lines.

6:30 to 7:30 **Dinner:**

Pasta Night. Spaghetti, and Zitti with dinner rolls, garlic bread and fresh garden salad. Assorted deserts.

8:00 to 10:30 **Free time:**

Enjoy a community bonfire at the dining hall or relax at your cabin with your own fire, or watching tv. Work on your bike, call family. Play Pool, volleyball, horseshoes or ping pong at the dining hall.

Optional Maintenance Seminar:

At 8:00 pm there will be an optional maintenance seminar held in the Garage. Campers will go over proper air filter cleaning, Oil changes, chain adjustments, and valve adjustments. Your time will be well spent.

10:30

Lights out / quiet time.

During Lights out, older campers wishing to stay up later may do so quietly outside their own cabin. Disturbing campers that are trying to get a full nights sleep, will not be allowed.

Dream Camp 2009

Schedule:

Day 3 (Wed)

“Pro Day”

6:30 to 7:30am

Sunrise Ride

Meet on the tracks for an early morning free ride while the sun comes up and the morning fog lifts up over the mountains!

7:30 to 8:30

Breakfast of Champions

Enjoy a breakfast fit for a pro level rider. Fresh fruit, cereals; hot and cold, boiled eggs with toast and bagels.

9:00 to 10:00

Free Time:

Wash and or check over your machine, get you and your equipment ready to ride and train with a pro level racer. Quad riders are fortunate enough to be riding with the #1 Pro rider in the country, Dustin Wimmer!

Optional Your Body Seminar

If your machine is ready to ride with the pro's then attend this seminar to get your body ready.

Nutritionist and weight trainer discusses your body and how to get the most out of it! Healthy food samples. Weight and stretching exercises.

10:00 to 12:30

Pro Time

Ride and train with professional riders. Learn tricks to fast starts, cornering techniques, proper body positioning. Training that will take you to your next level.

1:00 to 2:00

Lunch with the Pro's

Enjoy your lunch eating with the pro's, listening to stories or asking questions and getting autographs.

Catered fresh lunch meat platter in the dining hall with roast beef, turkey, ham and cheese.

2:30 to 5:30

More Pro Time

Continue your time on the tracks with the pro's. Learn passing, scrubbing, and proper breathing. Everyone will get one on one time with a Pro.

6:00 to 7:00

Dinner:

Gus's famous grilled chicken dinner. Served with garden fresh vegetables, salad and fruit. Homemade New York City Style Desert Night.

8:00 to 9:00

Video discussion

Meet in the dining hall to watch and critique video's of today's riding. Compare video clips of day one's riding.

11:00 pm

Late Night / quiet time / Lights out

Continue your day around the cabins camp fire as long as the noise level is low so those that want to sleep can.

Dream Camp 2009

Schedule:

Day 4 (Thur.)

7:30 to 8:30

Breakfast:

French toast, pancakes, eggs, cereals, fruit and juices.

9:00 to 10:30

Bike Prep time

Wash your bike, tighten your chain, clean your filter, go over your entire bike and get it ready for competition.

10:30 to 1:00

Game On

Timed laps on both tracks, Working with the trainers to improve. Jump off on both tracks with prizes and awards. All events recorded on dvd.

1:00

Lunch and Awards

Cook out for riders and FAMILY with awards ceremony. Awards for all of the days events plus for accomplishments throughout the week. Grilled and Barbecued chicken, burgers, and hotdogs.

3:00 to 6:00

Free Ride and Pack Up Time

Enjoy one last ride before packing up for the end of camp. Sign the camp guest book and pick up your personal video of the weeks activities.