



Want more confidence on your bike when you're out on awesome Arkansas Singletrack? Do you want to ride safer, faster, and more efficiently than you do now? We will hone the basics in June, work into intermediate skills in July, and then sharpen these skills into advancement in August, with two learning venues per month. Sign up for skills training today, and earn the confidence to conquer!!

# SUMMER SERIES MTB ESSENTIALS

## Progressive Skills and Fitness Training

This series of progressive skills clinics will hone the skills needed for mountain biking, while boosting the confidence of young riders and bolstering their passion for the sport! Health and Fitness information will also be provided! Come out and Join Us!

All Clinics are FREE to Students grades 6-12, Donations towards Arkansas NICA Scholarships will be accepted.



## ARKANSAS STUDENTS GRADES 6-12

### JUNE – LEVEL 1

LAKE FAYETTEVILLE – JUNE 25<sup>TH</sup>  
MEETS AT LAKE FAYETTEVILLE SKILLS PARK

### JULY – LEVEL 2

THE RAILYARD – JULY 9<sup>TH</sup>  
SLAUGHTER PEN – JULY 23<sup>RD</sup>  
MEETS AT SLAUGHTER PEN FREERIDE PARK

### AUGUST – LEVEL 3

LAKE LEATHERWOOD – AUG 13<sup>TH</sup>  
MEETS AT LEATHERWOOD BASEBALL PARK  
LAKE FAYETTEVILLE – AUG 20<sup>TH</sup>  
MEETS AT LAKE FAYETTEVILLE SKILLS PARK

ON-SITE REGISTRATION – 8:30AM  
CLINICS WILL BE HELD FROM  
9:00AM - 11:30AM.  
PARTICIPANTS MUST BRING  
FUNCTIONING BICYCLE, HELMET,  
HYDRATION AND NUTRITION.

## PRESENTED BY

NICA Certified Coach Travis Greenlee  
Alan Ley, League Director  
Kyla Templeton, Director of GBB  
NICA Certified Guest Instructors

## Questions and Pre-Register

[info@arkansasmtb.org](mailto:info@arkansasmtb.org)

Subject: MTB Essentials Registration.  
Include Participants Name, Age,  
School, and Clinic Dates Attending.