

Training Session No 1 2009

Venue: Bertie Moore's Mountain Road, Newtownards

Saturday 10th October 2009 was the date chosen to start the second years training activities of JHYTA. The event kicked off after the bikes were checks and group selections had been completed.

New addition to the Scruitneering activities was the inclusion of noise testing. Andy Higgins ably handled the sound equipment. The inclusion of this piece of hardware means all our youth riders machines comply with ACU / FIM environmental noise regulations. This activity is best practice rather than legislation but JHYTA feel the task is worthwhile, as it serves two purposes, one by insuring the bikes are within an acceptable noise levels and secondly our riders will come across this activity when riding on mainland.



The Mountain Road venue encompasses a great wide and varied range of terrain. The sections that were laid out testing skills on greasy banks, large steps, drop offs, which tested throttle control to the max.

Our coaches commented on the ability of our riders taking in the challenges from the infamous waterfall section. This area is only used once a year for the Ards Club Boxing Day Trial

This was the first event in which Youth Grade C and Youth Grade D were included in the training sessions. Matt Millar and Mark Morrison took control and as the year progresses we hope to include more of the riders within this age range.

It was also great to see in our second year the Progression of some of our riders moving up and challenging themselves to ride in the grade above their competition grade. This takes the rider out of the comfort zone; this makes the coaches effective

At the other end of the age range it is now fantastic when those riders who have come through the Youth training programme, now emerging as very competent coaches in their own right and giving back to the Academy some of their free time and experience.



Jhyta will continue to improve the coaches and the standard of coaching (funds permitting)

The MCUI have promised to look into this area to help our coaching requirement

We know from some of our correspondence with some of our parents that a few of our riders were unwell on the day and hope to see them all fit and well at the next event.

Training Session No 2

Date: Saturday 5th December

Venue: Listooder (McMillan's farm)

Scruitineering / Sign on 9.30 am

Closing 11.00 am sharp