

2020 Novice Training Outline

WORDS OF WISDOM FROM YOUR TRAINERS

Folks, you are about to step into one of the coolest most enjoyable family sports ever!! Racing isn't like soccer or baseball but it IS very much a team sport. Your children and you make up this team!! You will create many wonderful memories and it all starts here in driver training. This next year will be challenging and requires commitment. You will see it was all worth it when your child takes their first checkered flag.

Our goal is to train highly engaged drivers that know how to line up and race safely. You will receive quality training and information geared towards building a solid foundation under your team. It's important you understand that we are all here to help but your success will be what you make of it. Some drivers are fearless and others are timid but they all possess some desire to learn so ensure you are doing your part to keep them focused both here at the track and at home in between training dates.

Our Novice Class will have clear goals that **MUST** be accomplished to graduate and race on Novice Race Day. Your instructor will provide you clarity on what must be accomplished each week before we move into new materials. We cannot stress how important this is. To successfully graduate, drivers need to be able to understand the operation of the car, know how to line up, know all their flags/hand signals and be able to drive their line. Let's make the next month an enjoyable milestone filled experience to build on!

IMPORTANT TRAINING INFO

Training will begin each day at 9:00 am and will be for approximately 4-5 hours depending on weather. **BE READY TO GO AND ARRIVE ON TIME.** Arrive at 8:30 am and dress for the weather.

There will be some additional time set aside for those kids needing some more training. There is no need to feel pressured by time while training.

A race car is not necessary for the first day, however, you should be shopping a car at this point with the intention of acquiring one by the second weekend. This will assist in maximizing time on track.

A training handout will be issued to act as a guideline. **Spend time with your child learning the flags, pattern, race rules, etc.**, so we can spend our time where the kids want it most, driving on track (rain or shine some days).

Day One – March 7, 2020

Parents

Introduction to Quarter Midget Racing

1. Talk about sport
2. How long it's been around
3. How long at our track
4. How old kids have to be
5. Different classes of racing
6. Where they can race
7. How safe is it
8. Different levels of racing
9. How big is our track
10. What you might find south of the line
11. What you might expect at a Quarter Midget facility
(camping, amenities, power, water
– what we have vs what others have)

Registration Items

1. Handouts
2. Registration forms
3. Roll call
4. Introductions, everyone has to introduce themselves and tell us a little bit about them and how they found out about our club

What keeps our club going and going!

1. Volunteering
2. Track hierarchy
3. Who's who in the zoo (directors, track officials)

Kids

Bring kids to a car

1. Talk about gas
2. Brake
3. Shut off switch
4. Flags
5. Hand signals
6. Show them what they need to know
7. Put them in the car and have them show you all the things they need to know

4. How the facility works (keys, practice times, **work parties**, meetings, off site events, where you can buy parts, how you can acquire a car).

Our track rules and regulations

1. Code of conduct, remember that we are involved in a children's sport, money and family cause people to get hot!

Safety and where it fits into our program

1. Facility safety
2. What is out of bounds and why
3. Track safety (workers and spectators and fire extinguishers, bumpers, boards, corner 2, coming into the pits)
4. Driver and car safety

What you'll need to get started (equipment list)

Walk around the complex and track

1. Learn the lingo (a list of words that you wouldn't understand if you didn't Quarter Midget race)

Race Day format (in depth)

8. Walk around the track and learn where we start (how to enter the track) and where we finish (how they exit)
9. Learn who controls the race (flagger)
10. Learn what the flagger might show them to communicate (i.e., flags, hand signals)
11. Show where to look to lineup

Day Two - March 8, 2020

Parents

Personal Safety Equipment

1. Actual demo with child and all safety gear, need to stress current SFI ratings required so people don't buy outdated stuff
2. Extra switch on top
3. What to do with girl's hair
4. What to watch for when trying to pass safety inspection
5. Day and nighttime visors
6. Socks over ankles
7. Stick to a two piece suit if you want longevity

Car Safety and Mechanical Tips

1. Talk about what kind of car is legal
2. Bumpers
3. Crash bars
4. Fuel lines
5. Brake stop or full pedals
6. Braided brake lines
7. Younger than 4 years seat belts
8. Check tightness of bolts after races – if you start something/finish it

9. Make sure your engine is legal
10. No valve seals, carb must be stock, latest restrictor plate, correct carb jet
11. Where the transponder bracket must go
12. Will you need weight, where to put weight
13. 120's sometimes hard to start, warm up before racing, use clean fuel
14. Chain tightness, set up tips

Track worker safety and who's who at the track

1. Where they stand, what they do, how they work together
2. Who to talk to when you have a dispute – order of disputes

Flags and hand signals

1. Which ones cause the most problems
2. Why they are important
3. When you can and can't use them, explain that this begins to matter at other levels of racing

Kids

Flags and hand signals

1. Do a review with each of them and then test them

Getting around the track

1. How to enter, exit and drive a pattern (trainer car and some cone training)

Roll over training

1. How to hang on to the wheel, keep your arms and body inside at all times so when you roll there is no issues

Day Three - March 14, 2020

Kids and Parents

Gearing up and car safety review

1. Talk about what we need to wear and what we need to know before we start to race

Flag and hand signal review

1. What to do in an emergency
2. When can you exit your car

Lining up

1. Where and when
2. What's your number? This is the most difficult and one of the most important things to teach in this course.
*** If you want to pass and graduate you must be able to do this.***
3. Talk about numbers, where they go

4. Where the lineups are posted, where you number is posted when racing (tower, etc)
5. Talk about taking the checkered flag. Talk about the gate and what not to do when they see it opening up.

Running a pattern

1. Cones – everyone must show they can run a pattern

Starting a race as a group (if trainees are ready)

Finishing a race

1. What not to do
2. Where to stop
3. When to exit
4. Scale and what we do there

Day Four - March 15, 2020

Kids and Parents

1. Gearing up and car safety review – same as day three
2. Flag and hand signal review – same as day three
3. Lining up as a group – same as day three
4. Practice the pattern – cones – same as day three
5. Practice the pattern without cones. Let's see what they can do!

Day Five - March 21, 2020

Kids and Parents

1. Gearing up and car safety review – same as day three
2. Flag and hand signal review – same as day three
3. Lining up as a group – same as day three
4. Starting a race together
5. Running our patterns together
6. Mock race
7. Finishing a race together
8. Some final pointers prior to race day

Day Six - March 22, 2020

Practice, practice, practice! Continue to run our lines, ensure flag knowledge and cement line up skills.

If required, additional training days are March 28 and 29, 2020.

Novice Race on Saturday, April 4
Club Race on Sunday, April 5