



# How to Choose the Right Dirt School Academy Course

Dirt School Academy is made up of four different courses, loosely based on age in the younger groups, then based on ability as they progress through the Academy syllabus. Dirt School Academy starts with the Little Rippers and then progresses to Youth Academy followed by Advanced Academy and some of our expert level riders even progress onto BASE Academy eventually.

## Little Rippers (Age 7 - 10)

***Glentress - Skills Park, Jumps, Blue and some Red Trails where ability allows.***

If you want your child to get into riding mountain bikes then this is the place to send them. Little Rippers is all about having heaps of fun and good times riding bikes, whilst learning the skills required to tackle blue (and eventually red) trails safely and confidently with their peers. Based at the brilliant Glentress Trail Centre, there's plenty for us to enjoy here without the little ones having to pedal any great distance.

Little Rippers takes place over three consecutive mornings and covers body position, safe braking, trail etiquette, drops, corners and jumps. It's a great way of setting your kid up for success through giving them control on their bikes, and will put your mind at ease that they have all the tools to ride safely in the future.

This is the course to choose if you have a young rider who is already riding bikes and knows how to stand up and use their brakes as a minimum, but equally caters for kids who're already keen young riders - we often split the groups in Little Rippers to keep it at the right level for all.

## Youth Academy (Age 10 - 14)

***Glentress - Jumps, Drops, Red, Black and Natural Trails***

Aimed at slightly older kids, our Youth Academy looks at developing stable technique in more detail. From the tracks that we ride at Glentress, to the skills that we cover, this is a step up from our Little Rippers course.

Youth Academy takes place over three consecutive afternoons and looks at everything in more detail for an older age group. We cover body position, corners, jumps, drops and technical trails and also look at fundamental skills like manuals and bunny hops.

Choose Youth Academy if your kid is aged 10 or over, they're comfortable riding red trails at a minimum and they want to feel stable and confident on their bike.

## Advanced Academy (Age 12 - 16)

***Glentress - Jumps, Natural Trails and Steeper Enduro Trails***

Designed as a place for very experienced kids that live and breathe mountain biking to continue to improve their skills with our highly experienced coaches. Advanced Academy assumes riders can already clear large table top jumps with ease, and have a

good level of experience riding enduro style trails under their belt.

Running at the same time as our Youth Academy, here we start to dive further into our syllabus as we work towards taking our riding to the next level. During the three consecutive afternoons, we'll cover jumps, hops, manuals and how to apply these skills to increasingly technical trails and discover how to find grip and control when there doesn't appear to be any - and lots more.

Due to the complex terrain covered on this course, if your child hasn't already been advised they're ready to move up by our coaches after attending Youth Academy, please contact us before booking to make sure this course is suitable.

### **BASE Academy (Age 13 - 16)**

#### ***The hardest most technical Enduro and Downhill Trails in the Tweed Valley***

BASE Academy, inspired by our BASE College course and run from the most challenging trails in Innerleithen, is delivered over four days and is both physically and technically a step above anything else that we offer. BASE Academy is designed to prepare expert to elite level youngsters for our performance mountain biking course run in partnership with Borders College. It's aimed at those who'd like to develop their race results at national or international level, provide an insight into being at college with Dirt School, or simply progress their technical riding to an elite level.

At this level, our experienced coaches borrow a lot of the same techniques, sessions and locations from our BASE College course, making BASE Academy the only kids course at this level currently available in the UK.

We'd expect riders to have already been through our Advanced Academy a few times and have been advised they're able to progress by their Advanced Academy coaches before joining this course. Equally, we accept riders from across the country who haven't yet been invited to join the course through submission of video evidence - please contact us before booking this course if our coaching team haven't already offered your young rider a place.

If you'd like any more information on any of our Academy courses, please contact [learn@dirtschool.co.uk](mailto:learn@dirtschool.co.uk) and we'll be happy to help answer any questions you may have.

We look forward to welcoming your young rider to Dirt School Academy this season!