

Skill Level Guide

If you are unclear where you fit in please contact us directly: info@teamfitnessbc.com

NOVICE

If you: are new to mountain biking: little to no experience off road: little knowledge about your bike and how it operates: nervous to navigate downhill anything with control and looking for a supportive approach to meet you where you're at so that you progress without panic in a progressive, controlled, safe and encouraging coaching environment....this clinic is for you.

BEGINNER

If you: have been acquainted with your bike frequently for a solid season: are competent on the double track green runs: know a bit about your bike just from being on it: eager to venture to the single track green runs: aspire to build your confidence to ride easy blue trails more assertively navigating varying terrain, corners: eager to climb confidently in a progressive, controlled, safe and encouraging coaching environment....this clinic is for you.

INTER-BEGINNER

If you: have been riding frequently for a solid two seasons, confidently on all things green and straight forward blues: eager to up your game on mastering most blues: confident on minor bumps and rolls: aspire to level up your understanding of and ability on technical climbs and descents in a progressive, controlled, safe and encouraging coaching environment....this clinic is for you.

INTERMEDIATE

If you: are confident cruising the blues yet get stuck on technical terrain [roots, rock and drops] climbing and/or descending: love to ride for a couple of hours: eager to master the blues and hone your technical skills AND kill the nerves with a new found confidence on all diverse blue terrain with a nudge to black introduction in a progressive, controlled, safe and encouraging coaching environment....this clinic is for you.