



In-Car Instructor/Track Session Objectives

July 11-12, 2009

NOVICE

SESSION #1

On-Track Objectives – Session 1

1. Learn track – which way it goes, and references
2. Smooth use of controls
3. Get comfortable

SESSION #2

On-Track Objectives – Session 2

1. Vision – look ahead
2. Establish braking points
3. Focus on exit speed

SESSION #3

On-Track Objectives – Session 3

1. Weight manager - be aware of your car's balance
2. Focus on smoothness – steering input, squeeze and ease the pedals
3. Finish day with smooth, precise laps - collect mental image of track for tonight's mental replay

SESSION #4

On-Track Objectives – Session 4

1. Fine-tune your line
2. Work on the most important corner
3. Work on consistency

SESSION #5

On-Track Objectives – Session 5

1. Soak up Visual info
2. Soak up Kinesthetic info
3. Soak up Auditory info



INTERMEDIATE

SESSION #1

On-Track Objectives – Session 1

1. Warm-up
2. Familiarize with track/learn line
3. Vision – look farther head

SESSION #2

On-Track Objectives – Session 2

1. Focus on smooth/precise control use
2. Seamless transition
3. Minimize input

SESSION #3

On-Track Objectives – Session 3

1. Sensory Input session – be a Sponge
2. Put whole lap together - consistency
3. Collect mental image of track for tonight's mental replay (visualization)

SESSION #4

On-Track Objectives – Session 4

1. Learn track without cones
2. Build speed
3. Be a Weight Manager - use your car's balance to your advantage

SESSION #5

On-Track Objectives – Session 5

1. Precision – hit apexes, be smooth
2. Smooth throttle application
3. Letting the car run free - minimum steering input



ADVANCED

SESSION #1

On-Track Objectives – Session 1

1. Look far ahead & through the turns
2. Use mental imagery
3. ? (You decide)

SESSION #2

On-Track Objectives – Session 2

1. Focus on Trail Braking – the timing and rate of the release of the brakes
2. Focus on a seamless transition from brakes to throttle
3. ?

SESSION #3

On-Track Objectives – Session 3

1. Focus on the End-of-Braking point
2. Feel the car Take a Set
3. ?

SESSION #4

On-Track Objectives – Session 4

1. Focus on your Entry Speed
2. Minimize your Change of Speed
3. ?

