



**Racing Centre
PORTUGAL
GRAVITY SCHOOL**



**Downhill MTB
Race Coaching Camps**

**Start the 2025 race season
ahead of the rest!**



**Professional coaching
by Jack Reading**

**Freelap Live
Timing System**

**Specially prepared
world level race tracks
by Trail Tools builders**



INCLUDING:

Uplift

Video Analysis

Mechanic pit support

Stay at Gravity School Villa

Excellent Food

Airport Transfers

Physio Treatment

Physical Training Advice

Fitness Evaluation



The Racing Centre Camp

**Costs £2250 all-inclusive 8 days
(Excluding flights)**

**Camp 1 February 17th – 24th
Camp 2 May 19th – 25th**



**The ultimate coaching experience
to start the 2025 race season**

Schedule*:

Monday	Travel Day, hotel check in, bike build
Tuesday	Ride Day 1: track walk and practice session track 1
Wednesday	Ride Day 2: practice session and race runs track 1
Thursday	Reset day – bike checks and maintenance tutorials, race run warm up demonstration, Go Karting*
Friday	Ride Day 3: track walk and practice session track 2
Saturday	Ride Day 4: practice session and race runs track 2
Sunday	Ride Day 5: Fun laps (no timing)
Monday	Travel Day

***See page 3 for additional information**

The Race Coaching Camp

Additional Information

Once collected at Porto Airport by our transfer service the only thing not included in the price is alcohol. Everything is included in the prepaid fee.

The riders will stay at the new Gravity School Villa where we will have breakfast and lunch each day. Some evening meals will be here, others will be at restaurants. Rooms are either twin or triple rooms, with shared bathrooms. Gravity School staff are on site permanently. The Villa is in a prime location only a few minutes from the bike park, and less than 10 minutes from the city of Agueda.

On arrival riders will build their own bikes, and be responsible for the general maintenance of their bikes throughout the week. Assistance will always be available from Jack and other Gravity School members, and a focus point of the week will be on helping riders to improve their own skills in terms of bike mechanics. Riders will be shown how to perform a fork service, bleed brakes, and efficiently change tyres, as well as other skills.

The schedule is subject to changes based on weather and other factors. Ride days 1 and 3 include the track walks of each track. The focus during these days is on race craft and preparation for the timed runs the following day. Riders learn the track, discuss lines and build speed with constant coaching from Jack. Following the success of our October Camp, ride days 2 and 4 will include a proper "race run session" in the afternoon. Riders will get the chance to do 2 race runs, with their best time counting for their result, and there will be prizes. Coaching includes video analysis with trackside filming and GoPro follow cam footage for riders to evaluate their progress.

Go Karting is dependent on the weather and will incur an extra charge of €50 cash per person, for anyone who wants to take part.

Physio treatment can be booked depending on availability and comes at an additional cost.

Physical training options can be discussed with Jack at any point during the camp.

Bikes will be packed by the rider on Sunday evening, with assistance from Gravity School members where necessary.

Riders should have travel insurance that covers downhill mountain biking in place before they pay their deposit to book a place on a camp.

**ANY QUESTIONS PLEASE EMAIL: jack@gravityschoolmtb.com
OR CALL: 07868152371 TO TALK WITH JACK**