

# BMX SUMMER FAST TRACK: FREQUENTLY ASKED QUESTIONS (FAQ)



## THE BASICS

- **What exactly is a "Fast Track" camp?** Our camp takes the official 5-week USA BMX Beginner League curriculum and condenses it into one high-energy week. Your rider gets the same professional instruction and skill-building as the league, just at an accelerated pace.
- **Does my child need to be an expert rider?** Not at all! This camp is specifically designed for novices and beginners. The only requirement is that they can already ride a bike without training wheels. We handle the rest.
- **What is the age range for the camp?** We welcome riders between the ages of 6 and 15. We subdivide the campers into smaller groups based on age and skill level to ensure everyone gets the right level of coaching.
- **How do I register?** To register online, you must know your Household Number and Username. New users can create an account online by following the prompts. Be sure to include all your household members and accurate information. If you have participated in an Oakland County Parks activity before, your Household Number can be located on a past receipt from our department. If you don't know your Household Number, or if you need to make changes (add family members, change your address, etc.), call us at 248-858-0906. Payment is due in full at time of registration. Online registration is available at: <https://bit.ly/47ITE0L>
- **Why do I see 2 fees upon registration?** The BMX camp is in partnership with Oakland County Parks, which is why you see a split fee structure after you add this camp to your cart. You will only be charged 1 camp registration fee at checkout.
- **Where does BMX camp take place?** The BMX camp is held at the BMX Track in Waterford Oaks County Park, located at 1702 Scott Lake Road in Waterford. The track entrance is inside the park (use Scott Lake Road entrance). Pass the waterpark parking lot to turn into the driveway on the north side of the road. There is a gravel driveway and parking lot next to the track. There is also a picnic shelter and a restroom building.

## GEAR & EQUIPMENT

- **Do we have to buy a special BMX bike and helmet?** No. We provide full-face helmets and BMX racing bikes for all campers who need them at no extra cost. If your child has their own bike or full-face helmet, they are welcome to bring them!
- **What should my child wear?** For safety (to prevent "track rash" during falls), all riders must wear:
  - A long-sleeved shirt.
  - Long pants (jeans or heavy athletic pants; no shorts or leggings).
  - Closed-toe athletic shoes (no sandals, Crocs, or flip-flops).

## DROP-OFF & LOGISTICS

- **What does a typical day look like?** Each morning starts with a safety check and a group warm-up. We spend the first half of the session on specific skill drills (like "pumping" or "cornering"), take a supervised snack/water break, and finish with track laps and practice "motos" (races).
- **What should I pack for my child?** Please send a labeled water bottle and a healthy, light snack and moderate lunch. We have plenty of water refills available, but staying hydrated is key!
- **What happens if it rains?** The track is made of a specialized dirt surface. If it is raining or the track is too "soft" to ride safely, we will notify parents the plan via text or email by 8 a.m.

## SAFETY & COACHING

- **Is BMX racing dangerous?** Like any active sport there is a risk of falls, but we prioritize safety above all else. Our certified coaches teach "how to fall" and proper bike control before we ever hit high speeds. Our 1:10 coach-to-rider ratio ensures constant supervision.
- **Can parents stay and watch?** Absolutely! We have bleachers and a great spectator area. We just ask that parents stay in the designated spectator zones so the coaches can maintain the riders' full attention on the track.

## NEXT STEPS

- **What happens after the camp ends?** Our goal is to get your rider "race-ready!" On Friday, we hold a graduation ceremony. All campers will be prepared to join our regular local races at Waterford Oaks BMX, and we will provide information on how to continue with the sport.