

NOVICE TRAINING CHECKLIST

Date / Session	Schedule	Signature
February 2, 2008	Novice Orientation at the RCQMA speedway.	
Saturday 9:00am	Introduction of Novice Committee and Club Officers present.	
Session #1	Introduction of drivers and handlers.	
	Explanation and demonstration of flags and hand signals.	
	Introduction to the track and pit area.	
	Safety practices.	
	Explanation and demonstration of lineups.	
	Inspection of cars and safety equipment.	
	Run cars one at a time with partial throttle.	
February 2, 2008	Reinspection of cars and equipment as required.	
Saturday 1:00pm	Review of flags and hand signals.	
Session #2	Review of safety equipment.	
	Stage cars in pole barn and explain race day procedures.	
	Flag exercise for drivers and handlers while pushing cars.	
	Push cars to learn the racing line.	
	Push cars in a line-up.	
	Practice procedures for leaving the track.	
	Run cars one at a time with partial throttle at driver's comfort.	
February 16, 2008	Review flags, hand signals, safety equipment.	
Saturday 9:00am	Explain line-up flags and procedures.	
Session #3	Explain the restart and how to find position for restart.	
	Run cars one at a time with additional throttle at driver's comfort.	
	Run two cars together.	
	Run additional cars together as available.	
February 16, 2008	Review all lessons from previous sessions as needed.	
Saturday 1:00pm	Handler / Parent training for cornering and judging.	
Session #4	Run cars one at a time with full throttle.	
	Run four cars together with lineup / heat race.	
	Run all cars together with linup / heat race.	
*** The schedule is subject to change depending on weather, track conditions and progression of the drivers.		