

Racer's Clinic Instructor's Guide

The primary goal for the weekend is to have an incident free clinic and graduate all participants. Sounds easy enough but can be challenging. Ancillary goals are to assess the student's abilities to follow directions and for the students to not exceed their abilities on the track.

Before the student "graduates" and gets his racing license, he shall demonstrate alignment with the POC racing philosophy (subjective- if his attitude sucks, he's out; objective- if he's off track 3 times over the weekend or gives the peace sign less one finger to anybody, he's out) and be able to follow the directions put forth in the clinic.

Preparation:

1. Have Laurie send you the class roster (Alphabetized! This helps with role call).
2. E-mail participants to solicit introduction in order to assess skill level/racing experience.
 - a. Have participants include photo of themselves as well as their car if practical.
 - b. Make sure participant's cars are ready to go BEFORE the first meeting and they understand this isn't a test weekend (there won't be any car prep time allotted between sessions so go with what you've got).
 - c. E-mail Racer's Handbook to all participants.
3. Make sure first blue session is at the end of the cycle.
4. Attempt as much as possible to have a grid sheet prepared for first run session prior to weekend.
5. Charge batteries for Cameras
 - a. Video Camera
 - b. DVD Player

Day of event:

1. Meet with corner workers and give them itinerary of run session objectives.
 - a. Let them know our success depends on their enforcement of the rules!
 - b. Pass them Addendum 1
2. Let timing/scoring know that results for the blue run group **SHALL NOT BE POSTED**
3. Registration- ensure that all participants have copy of outline and know not to be late for first classroom session.
4. Meet with all participants in classroom IMMEDIATELY following Driver's Meeting.
5. Classroom sessions are designed to
 - a. Provide a forum to discuss POC philosophy and get to know one another.
 - b. Provide objectives for each run session.
 - c. Debrief each run session WRT the objectives and any questions and/or concerns from students.

- d. Put the “Who” in it! The environment must be kept strictly professional (check the emotions at the door); however, it is absolutely critical that all learning points are debriefed in the group environment. There will never be another opportunity for the students to learn so much from other’s mistakes/misunderstandings. Keeping it professional means that you’re not degrading/derisive, treat everybody the same/fairly, do not inflate your own qualifications and be ready to admit when you don’t know the answer (but will find out).
 - e. Build TRUST- the cornerstone of our on-track success
6. The following list of subjects shall be discussed in the time allotted for each classroom session:
- a. Rules Of Engagement: Immediately establish decorum and time sensitivity by taking role call and allowing the mulligan. Any no-shows to the classroom or chronic late-comers exhibits an attitude not in keeping with the clinic objectives
 - i. Role call
 - ii. Welcome the students and introduce yourself. Have them introduce themselves along with their track experience/car.
 - iii. Explain weekend expectations (ref Para 2 above)
 - 1. 3 offs or 13/13 and you’re out
 - 2. Excessive buffoonery and all will fail if any fail.
 - iv. Times will not be posted! Any inquiry to timing will result with immediate removal from clinic (run txpdrs for grid prep).
 - v. Classroom session begins 15 minutes after track session ends- DON’T BE LATE (reference Mr. Hand from FTARH)
 - vi. Explain the format for the debriefs
 - vii. Tell them to anticipate emotions (good/bad/fear/urine...)
 - viii. Tell them to hydrate and keep blood sugar up- the day is going to go by too fast.
 - b. 13/13 Rule
 - i. Have them read paragraph in classroom and ask for any questions!
 - ii. Personal examples/experience.
 - c. Passing
 - i. Reference the quote from handbook from Skip Barber
 - ii. Not allowing the pass- or blocking
 - d. Red Flag procedures
 - i. Test with one red flag (TEST!)
 - e. Situational Awareness (SA)
 - i. Know what is going on around you
 - ii. Mirrors are there for a reason
 - iii. Currency vs. proficiency
 - f. Physical conditioning regimen
 - i. Conditioning regimen shouldn’t be 16 track days/year.
 - ii. Hydration- in-car/pre/post
 - iii. Evening festivities and early morning run sessions are a bad mix.

- g. Start Policies/Practices
 - i. Turn 1 Bufoonery
 - ii. What's allowed
 - 1. Staying in line
 - iii. What's not
 - 1. Texas start
 - h. Equipment
 - i. Good-to-haves
 - ii. Must-haves
7. The following may be discussed as time permits (remember that many of these make great fodder for trackside discussion after-hours beneath the Malibu Flag).
- a. "Excessive deviation from the spirit of competition"
 - i. CHEATING! What is/what isn't
 - b. Advanced Racing Techniques
 - i. Starts
 - ii. Passing
 - iii. Pacing

Debrief Format- students shall be in the classroom 15 minutes after they get off the track. Try to keep the following debrief down to 45 minutes or less (objective is to give students 30 minutes prior to next track time [about 15 minutes before grid call]). Allotted time for each topic must be observed to accurately cover all necessary objectives.

1. (5 min) Cover any track incidents first as well as "safeties" (anytime somebody felt uncomfortable due to another's move on the track). This lets the students vent their anxiety first so they may be more responsive to the instruction that follows.
2. (2-3 min) Ask if there were any questions about the administrative portion of the event.
 - a. This is a good time to elicit feedback from the individual (How'd they feel out there when...)
3. (15 min) Use cornerworker/tower observer feedback to debrief students on performance. Quantify objectives as much as possible and don't use names (de-personalizes the point and folks will get less defensive- i.e. "Car #33 was way too fast and out front for too long- should have slowed down and let the rest catch up")
 - a. Encourage group discussion
4. (15 min) Cover one mandatory brief item (13/13, passing, etc)
5. (5 min) Cover objectives for next run session
6. (1 min) ALWAYS ask if there are any questions.

POC Racer's Clinic Run Session Objectives

(Addendum 1 to POC Racer's Clinic IG)

Each run session has specific objectives and we would like to let you know what we're looking for so you can radio any infractions to race control. We would also like you to point out these deviations to the student with a knurled black flag to get their attention (and whatever appropriate hand signals you would like to pass).

The following infractions will eliminate a driver from the clinic:

- 1. 4 wheels off (3 separate occasions)**
- 2. Any car-car contact with fault**

Saturday:

Run Session 1:

- Side by side through all turns. Crossed yellow/passing flag halfway through session indicates a side swap**

Run Session 2:

- Passing on Left Only**
- One practice start**

Run Session 3:

- Passing on Right Only**
- Inverted practice start**

Run Session 4:

- 3 practice starts**
- Open passing**

Sunday:

Run Session 1:

- Practice start if everybody has been behaving**
- Open passing**

Run Session 2:

- 3 practice starts**
- Open passing**

Run Session 3:

- 30 minute race**

