



Cougar Camp 2016 no.2: HAMILTON!!!! **CALLING ALL LADIES AND BMX MUMS!!!!**

Cougar camp is back! This camp will be aimed to get **new and existing ladies** over 30 years on their bikes and on the track with a great bunch of supportive people. (No BMX licence/ experience required!- gear can be provided!).

The camp will be a six hour coaching session at Hamilton BMX Club. Along with this there will be a basic bike mechanic talk during the session.

Fortunately this year BMX Mum will be supporting the cougar group, so as part of this camp you can purchase your very own 2016 cougar camp T-shirt designed by BMX Mum!!

When: Saturday 6th August 2016 (10am- 4pm)

Where: Hamilton BMX Club

Coach: Toni James & invited guests

Cost: \$50pp (T-Shirt \$25)

Come join the cougar group to learn and improve your pumping, manualing and jumping skills

For more information and for a registration form email: tonisjames76@gmail.com

RSVP BY: 30th July



bmxmum

