



MOUNTAIN BIKING CAMP

JUNE 24-28 2019

- **WESTON MIDDLE SCHOOL**
- **BISCEGLIE PARK, WESTON**
- **TROUT BROOK, WESTON**
- **HUNTINGTON PARK, REDDING**

8-3 P.M.

RISING 6TH- 8TH GRADERS

\$350 FOR 5 DAYS

A great entry level program into the exciting sport of Mountain Biking. Program will cover the safety, bike maintenance and physical conditioning. Run by Weston School security Rob Hudak and James Fischer.

westonct.gov/parksandrec



DETAILS & BIOS

Required equipment:

Entry level mountain bike

- o Front suspension
- o Mountain bike tires
- o More than 3 gears
- DOT certified helmet
- Full Finger Gloves
- Hydration system/pack

Recommended Equipment:

- Handheld Pump
- Spare tire tube
- Protection glasses/goggles
- Multi-tool
- Riding shorts with padding
- Moisture wicking short sleeve shirt
- Sneakers or light hiking shoes
- Bug Spray

Helpful link:

<https://sacredrides.com/blog/mountain-bike-gear-for-beginners>

DETAILS & BIOS



Rob Hudak

Retired after serving 25 years in law enforcement with the Bristol Police Department Bristol, Ct. While there Rob served as a school resource officer stationed at one of three high schools. As well as an adviser for Bristol Police explorers. Received certification through the international police mountain bicycle association IPMBA.

He has a specific focus on basic mountain bike instruction, safety and community relations. Rob is currently employed by Weston Board of Education and has been with Weston middle school for the past 7 years as a security specialist. He is looking forward to working with James Fisher providing entry level mountain bike instruction and safety to the children participating in this year's Parks and Recreation summer camp.

James Fischer

Retired after 30 years Danbury Police Department , Danbury ,CT

Retired as a Detective Lieutenant and is now in his 7th year at Weston Public Schools as a Security Specialist having worked at both the Middle School and the Elementary School.

A long time avid all season mountain bike rider and enthusiast, with several years experience coaching youth sports through the middle school ages.

James is looking forward to working with Rob Hudak and to share his knowledge, experience and enthusiasm with your children in the sport of Mountain Biking.