



Novice Training Schedule

Session 1

- QMA Introduction
- Local Club Description
- The Facility & Track Rules
- Driver's Gear
- Basic Car Safety
- Basic track safety equipment, vests, fire extinguishers, etc.
- Buckling in the car
- Basic car operation
- Flags & Hand Signals
- On track basics
- Track Walk

Session 2

- Review Car Safety & Basic Operation
- Review Flags & Hand Signals
- Review On Track Basics
- Single Car Laps with Cones
- Corner Worker Basics
- 2 Car laps
- Rules for independent Practice

Session 3

- Review of Flags & Hand Signals
- Review On Track Basics
- 1 Round of Single Car laps
- Multi- Car Laps , 2 then 3, then 4
- Paper Numbering System
- Line Up Basics
 - Rolling Over
 - When a car goes through the wall
 - Accidents with other cars
- Off Track: Car maintenance Basics
- Off Track: Volunteer Opportunities (Club and Race Day)
- Review Rules for Independent Practice
- Importance of Sportsmanship

Session 4

- Review Previous Lessons
- Detailed Line Up procedures
- Multi Car Practice – 4 cars
- Line Up Practice up to 4, then, 6, then 8 cars
- Basics of passing
- Judging from driver's perspective
- Off Track: Car Setup Basics
- Off Track: Tire Mounting
- Off Track: Race Day Procedures
- Off Track: Race Day Officials
- Off Track: Gear Charts and gearing

Session 5

- Review of Previous Lessons
- Multi Car Practice with Line Ups
- Simulated Racing by division
- Off Track: Judges Training
- Off Track: Technical Inspection
- Off Track: QMA Rules

Session 6

- Review of All Previous Lessons
- Multi Car Practice with Lines Ups
- Simulated Racing by division
- Off track: Race Day Review
- Novice Evaluations