SCCA TRACKNIGHT IN AMERICA Driven by TIRE RACK .com

Novice Coaching

How to Be the Best Novice Coach You Can Be

April 2021

What Will We Cover?

- The Goal of Track Night
- Welcoming Drivers
- First Novice Meeting
- Novice Paced Laps
- Second Novice Meeting
- Novices On Track
- Novice Debriefs
- Challenges
- Wrapping Up
- Pro-Tips

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What Would You Say We Do Here?

- The goal of Track Night is to open the door to motorsports by providing a recreational opportunity for our participants to have a safe and fun time on the track.
- We are here to facilitate an awesome experience.

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The Novice Coach

- Welcoming
  - Remember how intimidating it was to go to the track for the first time
- Friendly
  - This is huge in helping to lower drivers' stress levels
- Helpful
  - Keep an eye out for anyone who might need a little extra help

Welcome Drivers

- Be their Point-Person
- Help with Check-In
- Greet drivers as they enter the paddock
- Help with parking management

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First Novice Meeting

- Welcome drivers and introduce important people
- Intro to Track Night and event flow
- Everything they need to know for Novice Pace Laps
- Let them know to come back here after Pace Laps for the second meeting
- Should be about 5-7 minutes

Novice Pace Laps

- Gives Novices a chance to get familiar with the track layout, find corner stations and pit in
- Lead car should drive 45 mph or less and wave enthusiastically at corner stations
    - Slow down if gaps form
- Use multiple pace cars if you have more than 25 drivers
- Flaggers should hold standing yellow and wave at drivers

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Second Novice Meeting

- Follow the notes in the TNIA Ops Manual
  - Safety
  - Same Team
  - Passing & Traffic Management
  - Flags
  - Spins & Incidents
  - Anything Track Specific
  - Set Expectations
- Wrap up in time for them to get on grid without a big rush

Novices On Grid

- Walk the line while your group is on grid and touch base with them.
    - Ex. Table-touching like a restaurant manager
- Use a white-board with “Show Me Your Point-Bys” while they’re on grid before their first session
- Subtly check helmet buckles, stuff loose in the car, windows, seatbelts, wristbands, stickers, etc.

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Novices On Track

- Observe their sessions and call for blue/black flags
- Talk with drivers who come in due to spins or black flags
- First session almost always has traffic challenges
  - Don’t hesitate to call for a blue, and use a black when necessary

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Novice Debriefs

- Five minutes after everyone comes off track
- Start with what you noticed about the session; the good, not-so-good, etc. Give coaching to help fix the not-so-good.
  - Reiterate flags and passing rules as necessary
- Open up conversation - What they experienced, learned, struggled with, etc.
- Remind them to pay attention to their car and themselves

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Challenges

- The Three Stage Chat
  - Work With Me
  - This is Very Important
  - This Might Not Be Your Night
- Super Slow Drivers
- Language Barriers
- Drivers that need to/want to change groups

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Wrapping Up the Event

- Help the team with tear down.
- Check on any drivers who had car struggles during their track time.
  - If their car broke down, do they have a way to get home figured out?

Pro Tips

- Use a voice amplifier during your meetings
- Use the whiteboard any time it could be helpful
  - Encouragement, track conditions, helpful suggestions
- Make a Novice Paddock
- Encourage Novices to drive in Touring Laps

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We Are Your Resources

- Get stuck or have a question come up that you aren't sure how to answer?
- Ask the Event Lead whenever possible, but if you need help, call or text one of us:
  - **Kathy** - 860-841-5083
  - **Courtney** - 512-289-0764
  - **Jenny** - 785-608-4490

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Questions?

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Thank you so much!

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