



Rookie Training

Sessions: Spring-Summer-Fall

Session One

Welcome

Introductions

Mission Statement – “The purpose of our organization is to provide and maintain a clean, safe, and healthy sport to be enjoyed by father, son, mother, and daughter in relationship with better sportsmanship. To teach younger generations the handling of mechanical devices, coordination, alertness, and the ability to operate motor driven vehicles. Finally, to impress the younger generation with the ideals of fairness, generosity, and sense of responsibility without envy to others.”

It's about the kids. Remember to set a good example in regards to sportsmanship. Congratulate other drivers. Get to know and help other handlers. Have fun and lots of patience.

Volunteering Responsibilities

1. Work Detail/Opening & Closing Duties - See policy to avoid fines.
2. Chief Steward - Learn procedures and rules. Be on time when assigned to keep show moving along.
3. Corner Working – Turns #1 thru #4 based on starting position. Be safe. No stop watches, cameras, or cell phones. Work together and help each other. Be animated when trouble occurs. Always protect your fellow corner worker.
4. Pit Stewarding – Learn pit stewarding procedures. Check each car and driver carefully for seat belt snugness, brakes, wrist restraints, and transponder.
5. Fueling – Learn fueling procedures. Make sure to help with fueling each week to help the race day start sooner.
6. Tower – Learn how to score races and other tower duties. Learning to score will help your understanding of line-ups and finishing order.
7. Safety – Learn what is required for safety inspections.

Become involved in your club. Sign up for committees.
NCQMA is what you make it!

Grounds Tour

Practice Procedure Explanation

1. Significance of signing-in.
2. Fire extinguisher placement.
3. Must have flagger if more than two cars at a time.
4. Be courteous of others and allow everyone track time.
5. See NCQMA track practice rules.

Sign-ins

1. Costs, when and where.
2. Sign-in drivers and all handlers, get arm bands and pill draw for starting/ qualifying position.

Staging

1. Which lane to stage car.
2. Pit Cart logistics.
3. Pit Stewards and Chief Stewards.

Safety Gear and Equipment

1. Helmet, neck collar, gloves, arm restraints, suit, shoes.
2. Safety Belts
3. On/Off switch

Restrictor Plates

1. Red plate is for initial phase of Rookie Program; Blue plate is for the secondary phase of the Rookie Program.
2. Must meet USAC specifications:
 - Red Rookie (Honda): 0.3125" (5/16") maximum
 - Blue Rookie (Honda): 0.4375" (7/16") maximum
 - Red Rookie (Animal): Briggs Animal Long Slide #555732; overall length=1.825, .285 max throttle travel; black USAC restrictor plate-3 hole .2510; gear ratio-5.15 (33/28) w/ Briggs gear box (6.07)
 - Blue Rookie (Animal): Briggs Animal Long Slide #555728; overall length=1.800, .310 max throttle travel; black USAC restrictor plate-3 hole .2510
3. How to install.

Safety Cars - Remove Chains

Flags and Safety Lights

1. Green - go, go, go.
2. Yellow - caution, slow down, no passing.
3. Red - stop immediately.
4. Black - go to pits immediately.
5. White - One lap to go.
6. Checkered - the race is over.

Entering and Exiting the Track

1. Gas on the right, brake on the left.
2. Stay above blend line when entering.
3. Stay high on track and wave left hand to signal other drivers when exiting.
4. Keep both hands on steering wheel at all times except when exiting.

Restricted Areas

1. Must be a USAC & NCQMA member, 16 years old, and signed-in with an armband to be in pits.

Walk-thru

1. Show drivers how to enter track, staying above blend line.
2. Proper line around the track.
3. Flagstand and lights. Explain flagger's role to drivers.
4. Exiting the track from high line with hand signal.

Pit Safety

1. Entering at a safe speed.
2. Getting in pit box.
3. Handlers beware of cars on pit row.

Strap Drivers in Cars

1. Check helmet fit.
2. Be sure belts are tight and that driver can see.
3. Be sure driver can reach and operate on/off switch without looking and understands its use.
4. Verify that driver does not have gum/ candy in their mouth.

Simulated Lap

1. Entering and exiting track stopping in pit box.
2. Gently roll car on its side, be sure driver keeps their hands on the steering wheel.
3. Be sure driver understands that they cannot hold car up.
4. Enter and exit track.
5. Go to scales.

Scale Car

1. Red Rookie - 5-16 years old, 250 pounds with fully suited driver.
2. Blue Rookie – 5-16 years old, 250 pounds with fully suited driver.

Question and Answer

Session Two

Set-up Cones

Review Flags and Track Safety

Signals

1. Fingers drawn across throat - turn off switch and stop.
2. Hand or rolled flag held flat in downward motion - slow down.
3. Hand held flat in upward motion or rolled flag moved in a circular motion - speed up.
4. Arms extended outward in an opening and closing motion – move up to car in front of you or as indicated.
5. Finger pointed to top of head - think about what you are doing.
6. Hand or flag pointed to rear end - go to back of pack.

Individual Laps with Cones - Start and Stop on Track

1. Properly strap driver in car and be sure brakes work properly.
2. Tap driver on head to switch on.
3. Correct line.
4. Obeying flagger and signals. Give driver red flag to verify that they know what to do, including on/ off switch by feel.

Individual Laps - Entering and Exiting

1. Stay above blend line when entering track.
2. Obey flags/ signals.
3. Accident avoidance via cone throw.
4. Use hand signal when exiting.
5. Slow down pit row to pit box.
6. Stay on track if you have no brakes. Use switch.

Individual Laps - Passing Another Car

1. Same as 1, 2, and 4 above.
2. Pass another car underneath coming out of turn.
3. Go across scales.

Line-up Instruction

1. Hot laps - single file
2. Hot laps - double file
3. Restarts

Question & Answer

Homework - Lining-up (put numbers on matchbox cars), No brakes - tell Mom, Get racing rules.

Session Three

Review

1. Flags and signals
2. Entering and exiting

Rules

1. Chief Stewarding
2. Signaling driver

Corner Working Safety and Responsibilities

1. Wait for caution before going over wall.
2. Do not try to stop a car.
3. Protect other corner workers.

Multi-Car Practice with Cones

Patience with your Driver

Line-up for Green Flag Start

1. Paper numbers on front and back of kids.
2. Run thru various scenarios to instill understanding.

Multi-car Practice without Cones for Green Flag Starts

Role of Pole Sitter

Restarts using Number Board

Switch Drivers by Flagger

Black flag one car at a time, have cars re-enter track at back of pack.

Question & Answer

Homework - Review lessons with your driver and encourage them.

Session Four

Review

1. Flags and signals
2. Entering and exiting the track
3. Lining-up

Pill Draw for Paper Numbers

Line-up Practice

1. Starts
2. Restarts using line-up board

Mock Race

Race Day Explained

Remember Transponders & RaceCeivers

Question and Answer

Rookie School Questionnaire

Homework: Keep reviewing and encourage your driver!

SEE YOU AT THE RACES!