

OHIO DREAMS

ACTION SPORTS CAMP

Table of Contents

Page 1.... Intro

Page 2.... Facilities

Page 3.... Facilities continued

Page 4.... BMX Training Daily Schedule

Page 5.... Lodging/Meals, Cost, Area Attractions

Page 6.... Sessions and Guest Instructors

Page 7.... Camp/Race Staff

Page 8.... Testimonials





Ohio Dreams BMX Racing Camp

Memorial Day has come and gone and summer has unofficially begun. Do you know what your summer plans are? Do you have what it takes to get faster? What are your plans for improving your racing and riding skills this summer? Are you ready to do what it takes to get to the next level?

Ohio Dreams is the Official Training Camp of the NBL, we have the facilities, coaches and drive to help you win!

We offer the best in BMX Race Training. Our Facilities are designed for progression from brand new riders to national athletes preparing for the Supercross circuit, we have something for everyone.

Our Facilities, Staff and Coaches are here to safely build your confidence and help you progress as a rider, racer, and an athlete. From the biggest jumps in the country to Girls week Ohio Dreams has you covered. Please browse through the included brochure to help answer any questions you may have about our camp.

Helpful links

Our website: www.ohiodreams.com

Our FAQ section: [Parents FAQ](#)

Online registration direct link: [Register here](#)

Justin Travis's direct email: justin@ohiodreams.com

Phone number: 585-415-0455



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Facilities



International Level BMX Track:

Our BMX Track is designed with going fast in mind. It is a 4 straight, downhill, "M" style track, with separate amateur and "pro" sections. The amateur track is designed to be challenging but highly race-able at any level, while the pro parts of the track are there to push you to a level you never realized you could achieve. Our pro section includes a 40 foot double with a 20' landing pad so riders don't have to risk everything to learn how to go big, they can start by only jumping half the jump and working their way up.



Pro Shop:

We have a fully stocked pro shop and work station for all of your repair or new part needs... if they should arise, while you are at camp

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Race Training Area:

The Crown jewel of our training program, this area will teach any rider, young or old, rookie or pro a thing or two about bike skills.

Features:

- Starting Hill
- Progressive jump section, seven jumps that get progressively larger, the first one is only 10' in length and is followed by 15', 20' and 25' jumps, each jump being further broken down into three parts: a table, a double and a step up, so riders can progressively hit bigger jumps and learn to manual and pull manual tables, double and steps of all sizes. The final three jumps in the section are all table tops (for safety) and they are 35' 45' and 55' in length, and are designed to mimic the pro sized jumps of the Supercross tracks of today and tomorrow.
- Supercross style Rhythm section
- Intermediate/beginner style Rhythm section

- Sprint Area



Trails/Dirt Jumps

Tradition Dirt jump section featuring a downhill table section and five downhill jump lines in the woods. This is a favorite past time of racers and it is where bike handling and jumping skills are truly learned.



Daily Schedule

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Breakfast		Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	
9:00am Morning Instruction		Track/Gates	Advanced Pumping / Manualing	Advanced Jumping	Advanced Turns	Putting it all together	Pick up 8am
10:00 – 10:30am Snack / Class		Nutrition Basics	Strength Training for BMX	Mental Preparation	Leadership Values	Community Involvement and BMX	
10:30 – 12:00		Sprint/Speed training	Sprint/Speed training	Sprint/Speed training	Sprint/Speed training	Sprint/Speed training	
12:00 – 1:00 Lunch		Lunch	Lunch	Lunch	Lunch	Lunch	
1:00 – 2:00pm Rest		Rest	Rest	Rest	Rest	Rest	
2:00 – 3:00pm Pool/Open		Pool / Trails / Indoor	Pool / Trails / Indoor	Pool / Trails / Indoor	Pool / Trails / Indoor	Pool / Trails / Indoor	
3:00 – 4:00pm Skills Develop.	Arrive 4pm	(Athletes Choice)	(Athletes Choice)	(Athletes Choice)	(Athletes Choice)	(Athletes Choice)	
4:00 – 5:30 Late- After	Orientation	Camp Race and feedback	Fitness Training	Camp Race and feedback	Fitness Training	Camp Race and feedback	
5:30 – 6:30 Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
6:30 – 8:00pm Evening	Slip and Fly	Open Session / Free Time	Open Session / Free Time	Open Session / Free Time	Open Session / Free Time	Open Session / Free Time	
8:00 – 9:00pm Activity		Games / Campfires	Games / Campfires	Games / Campfires	Games / Campfires	Pack/Prepare for pick up	
10:00pm Lights out							



Lodging

There are two sides to the Ohio Dreams Action Sports Facilities

On one side there are all of the Action Sports Parks and training areas. A 1600' long x 10' wide paved path winds through our woods and "over the hill" to the Mohican School of the Outdoors. This brand new facility is where all of the lodging is and the cafeteria for all of our meals.

The lodging is "Dorm" style with bunk beds. Each dorm has 40 beds, with a counselor's bed every few bunks. At the end of each dorm are bathrooms and showers each with their own private stalls and doors so every camper is assured privacy.

A Professional kitchen staff carefully prepares each meal according to our meal plans so our athletes have energy all day long.

Cost

The cost to attend Ohio Dreams Action Sports Camp for one week is \$850. A deposit (\$250) is all that is needed to secure your place at camp, the remainder of your balance will be due upon arrival.

Pre-Registration extends through June 15th for the first four weeks of camp and through July 15th for the last four weeks of camp. If you register for any week after the pre-registration deadline for that week there is a \$100 late registration fee. Register with your deposit online at www.ohiodreams.com

Area Attractions

Turn your son or daughters stay at Ohio Dreams into a vacation for the rest of the family. Ohio Dreams is located 15 miles from historic Mansfield, OH, where the Shawshank redemption was filmed. You can take ghost tours of haunted buildings or just browse the old streets while shopping for antiques. Check out www.mansfieldtourism.com for more details.

We are also only a few miles down the road from the Mohican State Forest and Resort, offering beautiful lodging, hiking, waterfalls and Olympic sized pools. For more information check out www.mohicanstatepark.org



Sessions and Guest Instructors

Pre-Registration (camp deposit) for the first four sessions is due by June 15th after which there will be a \$100 late fee

Session 1 – June 27th – July 3rd: Girls week with Guest Instructors Jamie Lilly and Carley Young

Session 2 – July 4th – July 10th : Pro Guest TBA

Session 3 – July 11th – July 17th : Pro Guest TBA

Session 4 – July 18th – July 24th : Pro Guest TBA

Pre-Registration (camp deposit) for the last four sessions is due by July 15h after which there will be a \$100 late fee

Session 5 – July 25th – July 31st : Pro Guest TBA

Session 6 – August 1 – August 7th : Pro Guest TBA

Session 7 – August 8th – August 14th : Pro Guest TBA

Session 8 – August 15th – August 23rd : Pro Guest - Jason LaRev

More Guest Instructors will be announced as they get their schedules in.

DK Bicycles week: TBA



Race Staff

CFO: Myron Ashcraft

Known at camp as "The General", Myron is a retired General from the Air National Guard and currently a captain for United Airlines. Myron keeps the wheels running smoothly behind the scenes.

Camp Nurse: Pam Ashcraft, RN

Pam is our onsite RN there to take care of the occasional bumps, bruises and scrapes that come with any sports camp and training.

CEO, Camp Director: Chris Ashcraft

Chris has a degree in Resort Management from Western State College in Gunnison, CO. While skiing is Chris's sport he has enjoyed all of action sports his entire life. While attending college in Colorado, Chris was fortunate enough to have the opportunity to train at the Utah Olympic Training Center in Park City, Utah.

Office Manager: Val Ashcraft

Val handles all of the registration aspect of Ohio Dreams, and does an amazing job. She graduated from the Ohio State University in 2002. If you call camp while your son or daughter is here in the summer most likely you will get to speaking to her.

Race Director: Justin Travis

Justin is the Head Coach of the expanding NBL Future Stars Development Program, and USA Cycling Certified Coach. He has designed our training programs based on over 8 years of BMX Coaching experience. He has hand chosen a Race Staff that will ensure you get the most out of your time with us and be there to teach you the skills needed in today's highly competitive racing series.

Race Instructor: Chris Norberg

Chris earned his racing stripes in the highly competitive state of Florida and currently is attending college at the University of North Carolina. He races Nationally in the Super X class and is great at focusing on each individual athlete to help them achieve their daily goals.

Race Instructor: Addison Zawada

Addison also hails from Florida and races in the Super X class. His skills on a bike are absolutely incredible and there is not a jump he can't teach a rider to clear.

Race Counselor: Ryan Pfender

Ryan comes to us from Evansville, IN and has been a regular guest instructor at the NBL Future Stars Pre-National Clinics. He is highly energetic and great at working with the kid to keep their attitudes positive and bikes moving.



Testimonials



Hi, my name is Preston Woods and I wanted to share my experience I had at Ohio Dreams. I have been riding BMX for 10 years now and have moved up the ranks from 4 year old rookie to 6 expert and have been riding expert ever since. I participate in State, Regional, National and World Events.

I attended camp at Ohio Dreams last summer and it was the best week of my life!! We got up at 7 AM every day to eat breakfast and then went to train. After that we went to the "slip and slide" for some double back flips. Then more training (very intense) and then free time (where we hit the best trails and also rode the skate park). Did I mention they have a foam pit? Every night we had a different event at the skate park, such as Ripstick races, Gladiator wars and dodge ball.

I wanted to give a shout out to my friends Luca and Walker Shaw for making my camp experience even more memorable. Luca is super fast and it was cool to hang and ride with him without being so competitive.

There might have been a few pranks pulled which I will leave out of this document because I don't want to sell any counselors out. It was all in good fun!!

The facilities at Ohio Dreams are extremely well maintained and provide an amazing riding experience and I know for a fact it is going to be even better this summer with the new and improved additions.

If you are considering a camp this summer, this is the one I would recommend. Don't forget to bring all your friends for one of the best times of your life.