

F4 Rookie School Goals

- To present skills and information required to race wheel-to-wheel safely, then to practice in a controlled environment.
- To present skills and information to take you to the next level:
 - Improving your car control to go faster
 - Driving closer to the limit
 - Using data and video to go faster
 - Learning the 3D line to improve your line
 - Improving your racecraft with better passing and defending
- To help mentally prepare you to go faster on any track.
- To evaluate, assess and improve your performance.
- To help you have fun and be safe!



DAY 1 – Racing School Instruction/Skidpad Car Control

Time	Where	Activity
7:00 – 8:00	Classroom	Light Breakfast
7:30 - 8:00	Classroom	Registration, waivers
8:00 - 8:45	Classroom	Opening, intros, outline, goals
8:45 - 9:30	Classroom	Racing at the Limit: Performance model for Success
9:30 - 9:45	Garage	Car fitting and Break
9:45 - 11:15	Classroom	Controls, Weight transfer, braking, acceleration, line, cornering
11:15- 12:45	Skid Pad	Car control on skid pad
12:45 -1:15	Lounge	Lunch
1:15 - 2:00	Classroom	Flags Review and Test
2:00 - 3:30	Classroom	Driving on the Limit, Using Data, Setting up a Pass, Race Day Procedures, Racecraft and Driving Etiquette
3:30 – 5:00	Skid Pad	Autocross
5:00 - 5:30	Classroom	Learning new track and video track walk
5:30 - 6:30	Track Walk	Physical Walk of Course
7:00 – 8:30	Tavern	Dinner



Day 2 – Racing School Track Day (4+ Hours Driving)

Time	Where	Activity
7:30 – 8:00	Classroom	Light Breakfast and Review of Schedule for the Day
8:00 - 8:30	Classroom	Track orientation/ SUV Tour
8:30 - 9:00	On Track	Lead/follow driving session w/cones
9:00 - 9:30	On Track	Open track driving session w/cones
9:30- 10:15	Classroom	Break and remove cones
10:15 - 11:00	On Track	Open track driving session w/o cones with flags
11:00 - 11:30	On Track	Open half track left & right driving session w/o cones with flags
11:30- 12:30	Classroom	Lunch and Fueling
12:30 – 1:00	Classroom	Racecraft Presentation
1:00 -1:30	On Track	Side-by-side driving session with switching flags
1:30 - 2:00	Classroom	Debrief
2:00 - 2:30	On Track	Racecraft (leap frog) driving session with flags
2:30- 3:15	Classroom	Race day preparation and procedures and fueling
3:15 - 3:45	On Track	Five practice race starts
3:45 - 4:00	Pits	Debrief on starts
4:00 - 4:20	On Track	Graduation race #1
4:20 - 4:40	On Track	Graduation race #2
4:40 - 5:00	On Track	Graduation race #3
5:00 – 5:30	Classroom	Review and Farewell



WHAT WE'RE LOOKING FOR...

- **Flag Recognition & Response:** Flag violations are tracked. Acknowledge flags?
- **Courtesy:** Negotiating slower/accommodating faster traffic, no blocking! 360 degree awareness?
- **Judgement:** Assess risk passing/when going quicker, managing multiple tasks in traffic well?
- **Driving Technique:** Knowledge of line, shifting, braking, correct and consistent car placement?
- **Attitude:** React positively under stress, open to suggestions for improvement. Mentally prepared?
- **Reactions:** Assessing and executing proper response to adverse situations on-track. Maintaining control of emotions to do the proper thing while in mixed class competition?
- **Comparative Lap Times:** Consistent, reasonable lap times for safe racing with other, similar cars