

Yellow Group Saturday Morning Briefing

Familiarization Laps are optional

- All of D group will run
- Helmets on, instructor in car
- **Touring speeds and no passing**
- When you come in, line up on the **right** in the hot pits to immediately go out for your regular session

If you don't do Fam. Laps, grid up as usual for your first regular session

Passing (once Fam. Laps are over)

- **Only pass** between turns 10→1, 4→5, 7→8, or 8→9.
- **Pass on the left or on the right**
- The car **giving** the signal decides which side the pass is on.
- **Only pass** when the car in front **signals** with an arm out the window. One signal for each passing car.

You have primary responsibility for your own safety. Obey flags and track workers. Listen to your instructor. Drive within your abilities.

Some flags give **commands** you must obey:

- Yellow: no passing; slow down
- Red: stop on track
- Black: exit the track; get info in pits
- Checker: exit track; session over

Terms and concepts:

- **Early** (turn-in, apex, track-out)
- **Late** (turn-in, apex, track-out)
- **“Drive off straight”** (better than a spin)
- **“Both feet in”** (In a spin, press the brake and clutch to the floor)

Goals: Saturday Track Session 1 (and optional Familiarization Laps)

1. Drive a clean line at a comfortable pace
2. Point out every flag station to your instructor
3. Be aware of traffic and give passing signals promptly and generously

Yellow Group Saturday Classroom 1

A good mindset lets you learn faster

- Focus on making yourself better; speed will come

Passing:

- **Give** a passing signal **whenever there is a car behind you that wasn't there before.**
- Show you want to pass by **presenting** yourself: get within 1-2 car lengths (and a half-width left if available)
- Always know who is behind you. Check your mirrors multiple times each lap.

Indicators of a good line:

- Turn in from edge of track
- Entry to apex: maintenance throttle
- Apex: use all the track on the inside
- Apex to track-out: can unwind the wheel and accelerate
- Use all the track at the exit

You turned too **early** if you:

- Can't accelerate to the exit
- Have to tighten wheel after the apex
- Run out of track at the exit

You turned too **late** if you:

- Can't get the car to the apex
- Don't need all the track at the exit
- Turn-in feels rushed

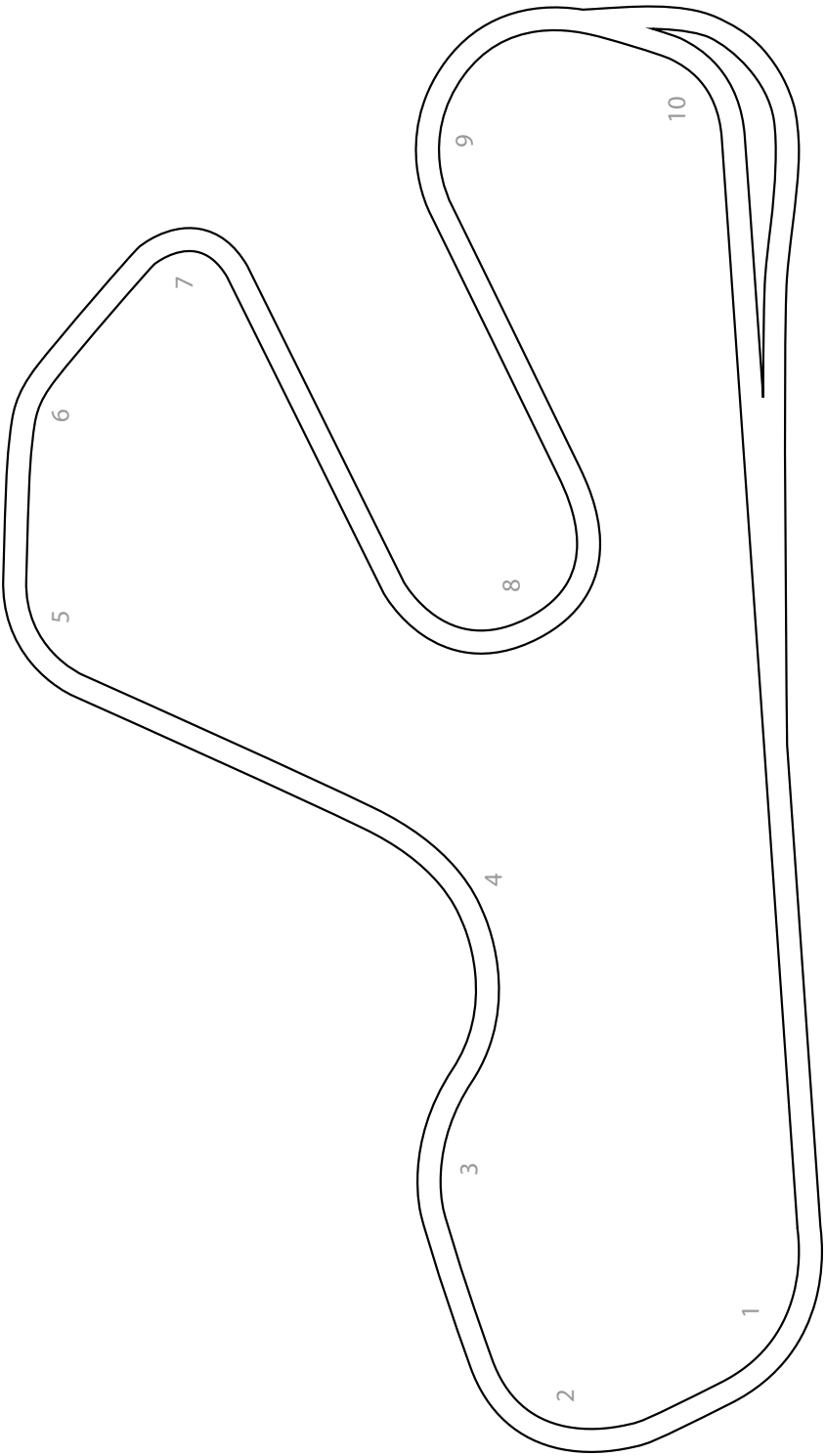
Yellow Group, Saturday Track Sessions 2 and 3 Session Goals

Session 2

1. "Present" yourself when ready to pass. Recognize when other cars are presenting.
2. Pick a turn and notice where you are turning in, apexing and tracking out. Record that on your track map.

Session 3

1. Choose one corner and make **small** changes in your line, trying each variation for 2 or 3 laps. Observe how the line affects your steering inputs, throttle application, and exit speed
2. Record the best line for that corner on your track map



Yellow Group Saturday Classroom 2

Advanced passing:

- Both cars anticipate the pass
- Giving the pass: full track-out, quick mirror glance, prompt signal (typically, stay on line and let the passer go off line)
- Taking the pass: can hang back at corner entry to get good exit speed; can alter line to allow mid-track exit and quick pass (T4 and T8)

Vision:

- **Glance** well ahead, at flag stations, in your mirrors
- **Mentally** visualize the smooth line you'll drive in the approaching corner
- **Focus** 1.5 reference points ahead
- Use **peripheral vision** to see the reference point you are passing

Braking:

- Keep your right heel on the floor
- Build initial pressure quickly, slow the car, then reduce pressure gradually before turn-in. This balances weight front & rear, improves grip for turning.
- Light "brush braking" is gradual on/gradual off
- To practice, start releasing the brakes gradually before your turn-in point, and pay attention to how the car feels at turn-in

Turning in:

- Adjust hand speed (turning the wheel more gradually, or less) to adjust line, help carry more speed at turn-in

Yellow Group Saturday Track Session 4 Session Goals

1. Pick a turn, and work on getting the visual information you need at turn-in. Scan the corner as you approach turn-in, seeing the whole turn, then focus on the apex just before you turn.
2. Work on gradual brake release in at least one corner
3. Practice brush braking in the transition between turns 3 and 4

Yellow Group Sunday Morning Briefing

You cannot start where you left off yesterday. Work back into it gradually.

To write your own goals for a session, think about:

- Things you'll **do** (how you'll brake, where you'll turn, . . .)
- Things you'll **see** (visual reference points, traffic, flags, . . .)
- Things you'll **feel** (weight transfer, grip, G forces, . . .)
- Ways you'll **get yourself ready** (mental imagery, physical rehearsal, . . .)
- Ways you'll **consolidate your learning** (track maps, notes, discussions, . . .)

After the session, look at your goals and make notes on how you did and what you learned.

Yellow Group, Sunday Track Session 1 Session Goals

1. Gradually work back up to yesterday's rhythm and pace
2. Focus on what you **feel** from the car – through the belts, your hands & feet, the side bolsters of your seat – during each phase of the corner

Yellow Group Sunday Classroom

Managing unwanted **oversteer** (options)

- Reduce steering input
- Maintain or add a little throttle (“stick the back down”)
- If you were accelerating and spun up the rear wheels, reduce throttle

Managing unwanted **understeer** (options)

- Reduce steering input
- Reduce throttle (or, on corner exit, add throttle more gradually)

Throttle steering:

- **Adding** a little throttle pushes the car toward the **outside** of the turn
- **Lifting** slightly helps get the car to the **inside** of the turn

Use a track map to build consistency, save what you learned

- Start with corner numbers, flag stations
- Add brake points, turn-in, apex, exit for each corner
- Add slope and camber of the track, visual references, self-coaching
- Create a new “master” map at the end of the weekend, and review it before your next event

Use street driving to practice:

- Good seat and hand position
- Good vision
- Awareness of cars near you
- Smooth braking and acceleration
- Feeling what the car is doing
- Setting a good example for others

Yellow Group Sunday Track Sessions 2 and 3 Session Goals

Session 2

1. Choose one turn and experiment with throttle steering. (T8 is good). Once the car takes a set, try adding a small amount of throttle or lifting slightly, without moving the wheel, and see what the car does.
2. Pick three things you have learned this weekend and add notes about them to your track map.

Session 3

1. Before you go out, decide what would make this session safe, fun, and end your weekend on a high note.
2. Go out and do that!

