



CAPE SWARTLAND MOTORCYCLE CLUB | WESTERN CAPE ENDURO

## CSMX Junior Camp – Club Elani, Misverstand Dam | 6–8 February 2026

From 6–8 February 2026, CSMX hosted a Junior Camp at Club Elani, Misverstand Dam, focused on developing junior riders and introducing new participants to the sport of enduro. The camp attracted 20 juniors, the majority of whom were newcomers to CSMX, along with approximately five returning riders who had previously participated in our club events.

Juniors and their families arrived on Friday afternoon, with most arriving at approximately 16:00. Upon arrival, riders unloaded their equipment and set up camp for the weekend. This was followed by a group introduction and dinner, where trainers were introduced, and the plan and objectives for the weekend were discussed with both riders and parents.

The weekend was characterised by hot weather conditions, with temperatures reaching high levels throughout the day. The camp's location near Misverstand Dam, along with shaded camping areas, provided a suitable environment for the juniors. All riders camped on site, and meals, including breakfast, lunch, and dinner, were provided each day. Cooler boxes stocked with water and soft drinks were available throughout the camp to ensure riders remained hydrated.



## Training & Coaching

The camp was led by experienced senior trainers Zak Gulliver and Matt van Galen, supported by assistant trainers Matthew Willett, James Hatting, Johan Jacobs and Nicholas Holman. The juniors were divided into three groups based on skill level, ranging from more advanced riders to complete beginners. This structure allowed training to be tailored appropriately while also bringing riders together during certain sessions.

Training focused on essential enduro riding and technical skills, including clutch control, balance, compression techniques, wheelies, and correct bike positioning. Riders were also introduced to basic mechanical skills such as spark plug change and general bike setup for enduro.



## Programme Overview

On Saturday morning, riders were woken at 05:30 and prepared for the day, with breakfast served before the first training session began. Following the morning session, riders returned to camp to rest due to the heat, allowing time for recovery, social interaction, and recreational activities such as swimming. Lunch was provided before riders regrouped at 16:00 for an afternoon training session.

The evening included technical discussions and demonstrations, including bike maintenance and setup, as well as a presentation by Nicholas Holman. As both a parent and active member of the CSMX community, Nicholas shared valuable insight into the challenges faced during a rider's first year in enduro, helping to provide reassurance and perspective to both riders and parents.

On Sunday morning, riders completed a final training session following breakfast before packing up camp and departing.



### Rider Support & Welcome Packs

Each junior received a welcome pack, which included a CSMX t-shirt, hat, sticker pack, snacks, energy bars, and additional sponsor-supported items such as a gripper seat cover voucher and Ravenol products for their bikes. These packs helped welcome new riders into the club and reinforced the supportive environment CSMX strives to provide.



The CSMX Junior Camp was a highly successful initiative, providing young riders with structured training, mentorship, and an introduction to both the technical and community aspects of enduro. The camp created a positive and supportive environment for skill development while also strengthening the foundation for future junior participation within the club.

CSMX extends its sincere thanks to the trainers, supporters, sponsors, and families who contributed to the success of the camp and continue to support the development of junior enduro riders.

Sincerely,  
**TEAM CSMX**

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