



Hosmer Point- 1 Week Session

We are so excited for overnight camp. Here's what you need to have a great week with Little Bellas.

It's essential that your daughter's bike be in good working order. Please take it to a shop prior to camp and have them service the bike. We have limited ability to do bike mechanics on site.

What Little Bellas' need in addition to what HP suggest:

- Helmet
- Bike shorts with chamois, 2-3 pairs
- Cycling shoes or running shoes
- Riding gloves, if desired
- Camelback or small backpack for field trips.
- Dance moves

Before arriving to Hosmer Point, please be sure your Little Bella's bike is the proper size. We do a significant amount of riding in the camp, so a bike that's not properly fit or tuned is a big problem.

Bike Fit

To figure out if her bike is the proper size, have her stand over the bike and lift the bike up to touch her torso, holding the saddle and the stem. She should have about an inch to inch and a half of clearance.

To get the appropriate saddle height, have her stand next to the saddle and raise the saddle to the top of her hip. You should only increase the height of the saddle in small increments so she is still comfortable riding and is stable at stops. On the seat post there is a marking for the maximum saddle height- do not raise the saddle passed this line. If this happens, she probably needs a new bicycle.

Bike Check

- Brakes- Please check both of the brakes by squeezing one at a time and dragging the bike, making sure that the wheel does not move.
- Shifters/Derailer- Shift through the gears to make sure they aren't skipping and that they are shifting properly.
- Clean and Lube- Make sure to clean and lube the chain/moving drive train parts prior to camp.

If issues occur or you are unsure about the working order of the bike, please bring the bike to a shop (Skirack and Earls offer discounts to Little Bellas).