

Attention Rookies - Rookie School

Welcome to Ice Racing!

All rookies are required to attend a race school on Saturday, held during the lunch break. To attend the school you MUST be registered as a rookie. Your attendance will be confirmed at the drivers meeting Saturday morning. You will be emailed a digital rookie package which includes additional information and a quiz. The rule book is available on the CASC website.

https://www.casc.on.ca/sites/default/files/Documents/2025%20Ice%20Race%20Regulations%20-%20December%203%202024_0.pdf

Once you have completed the school and the quiz with 100% accuracy, you will be eligible for points in your class and towards the Rookie of the Year award.

Rookies are to take their car and helmet to the mock grid for the beginning of the lunch break. Each rookie will be paired with an experienced driver who will drive the rookie car for 3 laps and then all cars will be stopped by a red flag on the front straight. The rookie will then drive, with feedback from their instructors, for the remainder of the session.

All rubber-to-ice cars MUST have tractionized tires to participate. Many clubs have them available for members.

Rookies will be allowed to take their cars out in practice and the qualifying race prior to the school, but it is strongly suggested to have an experienced driver as passenger.

Here are a few points to help prepare you for your first weekend of racing.

Clothing and footwear

Dress in layers, take off the heavy coat and boots and wear shoes that give you good feel for the pedals. If desired, wear light leather gloves for good steering wheel grip.

Seating Position

Rally style is recommended – less than 120 degree angle in elbows to give full control of pedals and relaxed fine motor control of the steering wheel.

Car Set-Up

Cars should be set up to oversteer (loose rear end). This is accomplished by hand brake, higher tire pressures in rear, more weight in front of car (FWD), more weight in the rear (RWD), left foot braking, heavier rear springs etc.

Understeer is bad. When the front end of the car is pushing (sliding toward the outside bank) you are no longer racing. It is caused by not looking deep enough into the corner (look where you want to go), carrying too much speed, wrong tire pressures, tires not tractionized enough, change in track conditions, too much steering input, not getting off the breaks or poor car set up.

Driving

Maintain control of your vehicle at all times. Do not overdrive and be prepared to slow down, stop and avoid.

Most new ice race drivers use too much steering and too much braking. Keep both hands on the steering at 9 & 3. Smooth inputs are critical to car control. Coefficient of friction is very low. Overly aggressive inputs upset the balance and reduces grip.

Recovery is counterintuitive. Keep your eyes up. Look *where you want to go*, not where the car is taking you. Get off the brakes, unwind the steering wheel.

Ice conditions are constantly changing on the track, lap after lap. You must adapt your driving as it changes. Changes in temperature and even wind will change the grip of the track as well.

Wait for the car. You will learn to wait for the car's response. **Slow is fast in ice racing.** Watch the leaders in other races.

I am looking forward to meeting and working with you this season. Welcome to ice racing!
Elaine