

# ARC Racing

Racing Academy

Name \_\_\_\_\_

Date \_\_\_\_\_

## Accreditation Forms

Objectives to help you to prioritize your track day for building your accreditation. The stronger your racer profile the better for success growth. Make sure to have a dashcam mounting it somewhere to capture yourself and the driving view for attaching with your accreditation via racer profile.

(Find a passenger buddy who may collaborate with your accreditation form).

**Bring a pen, clipboard and a camera to record your documentation.**

No.	Objectives	Target Time   Limit   Count   Check
1.	Offense a position in the green safe zone	
2.	Defend a position in the green safe zone	
3.	Comeback a position against the same driver 1x	
4.	Maintain a trail along behind a driver for a duration	
5.	Practice a 10 minutes eyes follow exercise before a session	
6.	ARC 3: Achieve a lap time under 1:40 x3	
7.	ARC 2: Achieve a lap time under 1:30 x3	
8.	ARC 1: Achieve a lap time under 1:20 x3	
9.	Draft close as possible to the rear then make an ARC pass	
10.	Stay close to the side of the vehicle when ARC passing	





## **Mental Duration**

You may notice your mental duration was wandering off about halfway through a session, essentially if you were by yourself with no vehicle around you. This sensation may be described as drowning as if you are stranded in the middle of the ocean. Note your mental duration, did you experience this sensation, when did you start to feel this sensation and how long did your mental duration last?

### **Note Your Mental Duration**

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### **How to improve your mental duration**

Give yourself a daily balanced meal in three (3) small portions for breakfast, lunch and dinner with two small nutritious snacks and/or drinks with a consistent effective training exercise in the focus area of physical and mental activity. Finding yourself an excellent physician, trainer, nutritionist will help you significantly in finding the right balance for you. Do this consistently and your performance will positively increase.