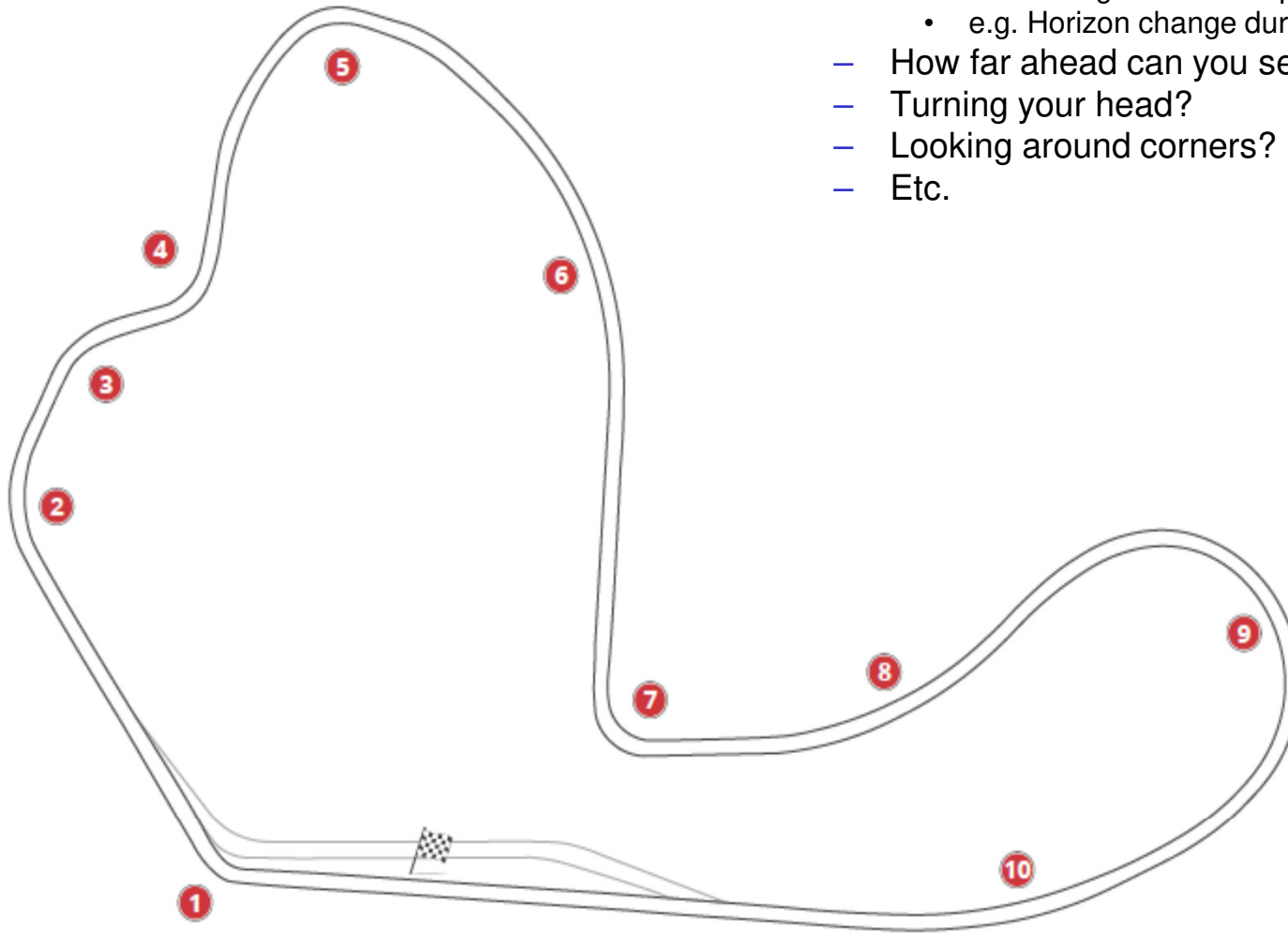


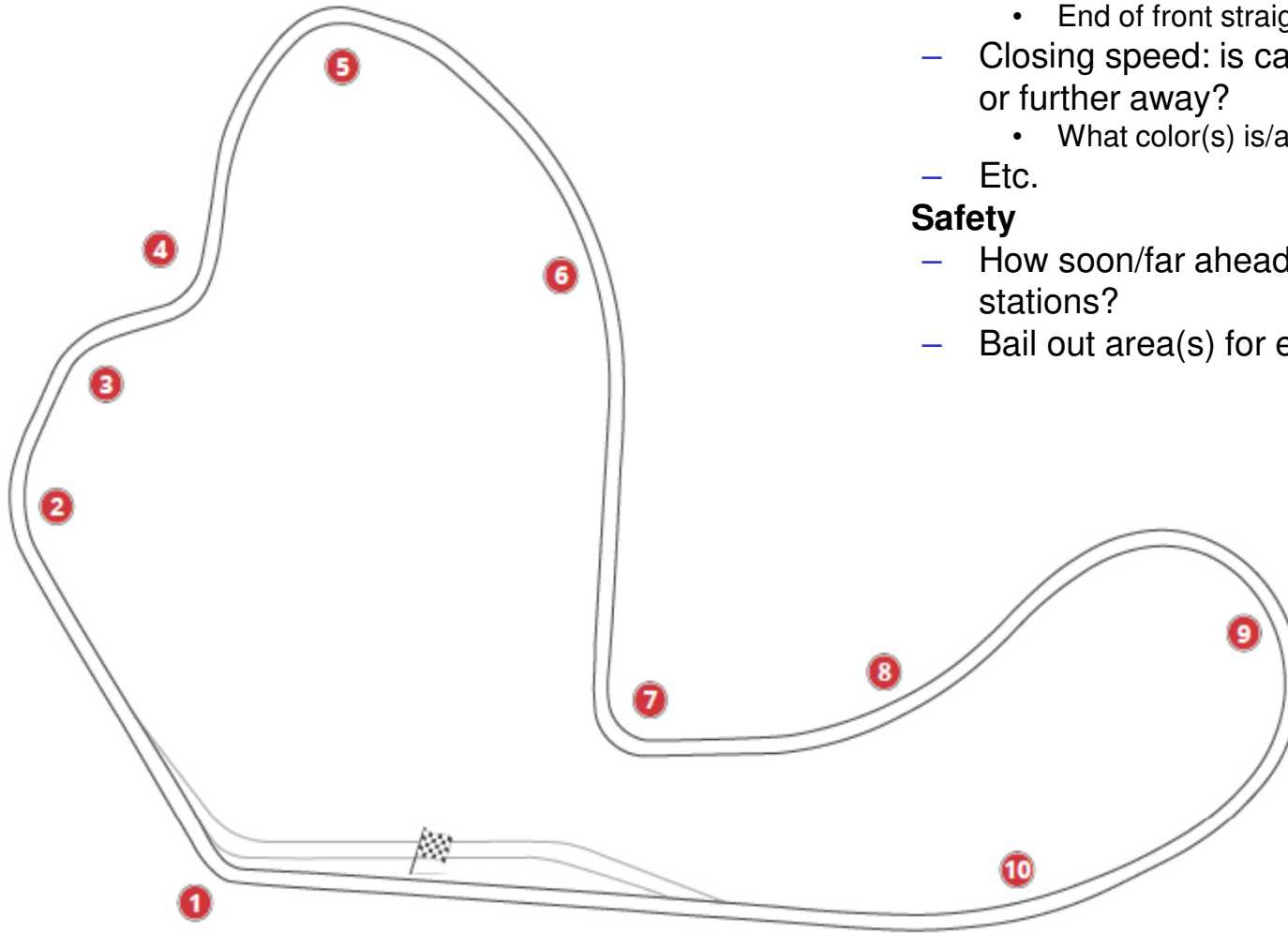
General

- Everything you see on and off track surface
 - Something new each lap
 - e.g. Horizon change during cornering
- How far ahead can you see?
- Turning your head?
- Looking around corners?
- Etc.



Remember: Capture learning immediately: in the first 10 minutes

- Write down what you saw, heard, felt
- Before lap times, data, video, socializing



Mirrors

- Adjusted properly? (no blind spots)
- How many cars behind?
 - End of front straight? Entering Turn 7?
- Closing speed: is car in mirror closer or further away?
 - What color(s) is/are cars behind?
- Etc.

Safety

- How soon/far ahead can I see flag stations?
- Bail out area(s) for each corner

Remember: Capture learning immediately: in the first 10 minutes

- Write down what you saw, heard, felt
- Before lap times, data, video, socializing

NJMP - LIGHTNING

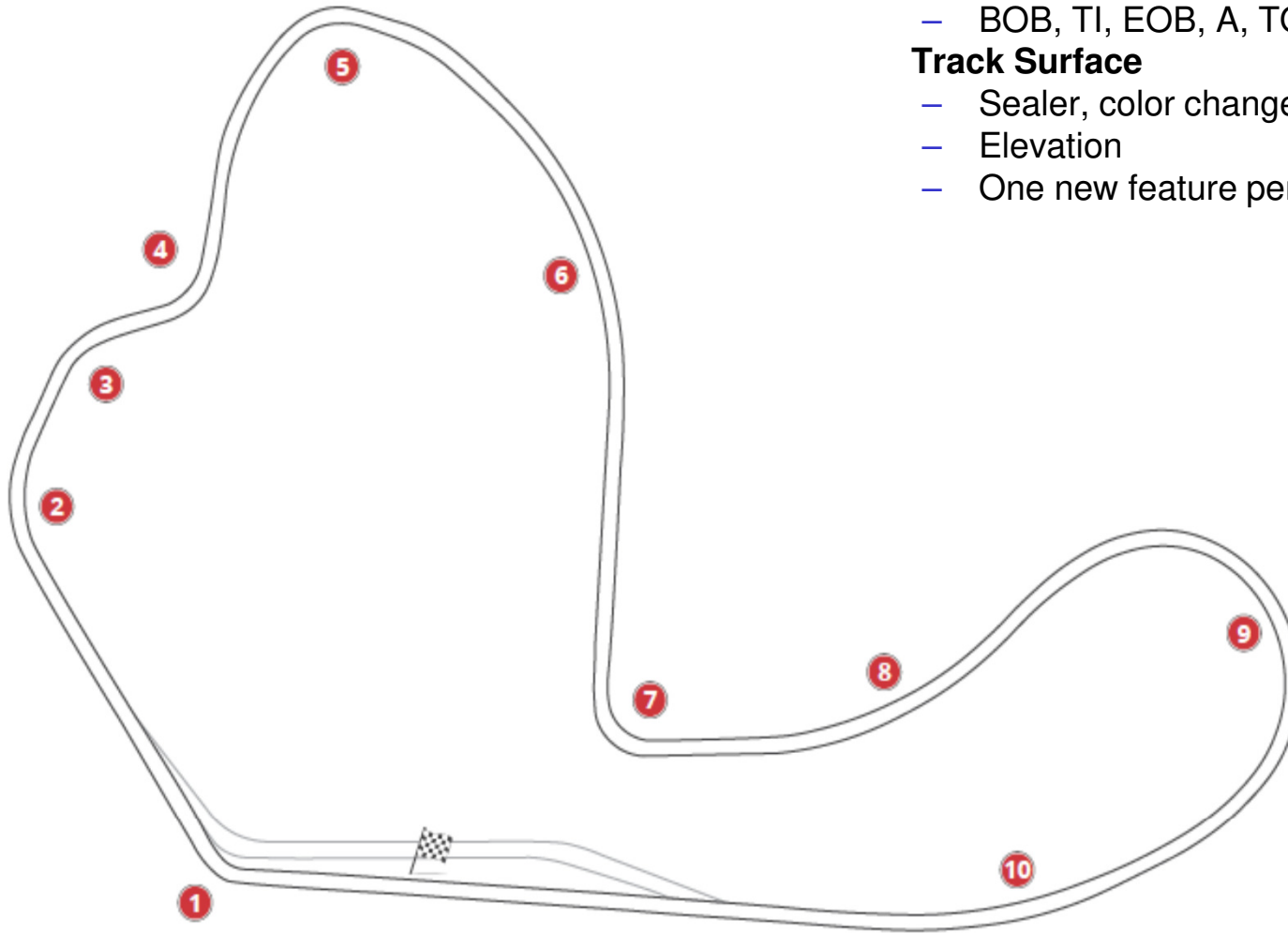
Deliberate Practice Worksheet: Vision 3

Reference Points

- Not cones!
- Cracks, posts, seams, curbs, etc.
- BOB, TI, EOB, A, TO, in between

Track Surface

- Sealer, color change, etc.
- Elevation
- One new feature per lap



Remember: Capture learning immediately: in the first 10 minutes

- Write down what you saw, heard, felt
- Before lap times, data, video, socializing