



# Press Release

## Honda 150 European Championship pre-season Training Camp in Albaida (Spain)



*From the left: Alessandro Sambuco, Gerry Brice, Gordon Crookard, Davy Dousselaere, Tim Gajser, Siri Minken, Dr. Wolfgang Srb, Fabrizio Bernardini, Marco Infusino at the Training Camp in Albaida*

For the fourth time consecutively, the FIM Europe is collaborating with Honda for the assessment and training of the young riders of the MX 150 European Championship.

26 young riders, from 11 to 14 years old, coming from 13 different Countries, attended this pre-season Training Camp, held in Albaida (SPA) on 23rd and 24th April.

During the weekend the youngsters spent their time getting to know the Honda CRF150Rs, received expert guidance and met their 2016 rivals for the first time.

Tim Gajser (Honda Gariboldi's 2015 MX2 World Champion) joined the Training Camp addressed to these young riders, giving his contribute



*The FIM Europe Staff.  
From the left: Marco Infusino, Fabrizio Bernardini, Siri Minken, Dr. Wolfgang Srb, Alessandro Sambuco*



*Above and in the following page, some pictures of the physical evaluations and the session with parents of young riders, with the presence of Tim Gajser, too*

of experience to the riders and their parents.

The riders received from the FIM Europe Staff a complete training package including a physical assessment and a sports psychology session for the riders and their parents.

The FIM Europe Staff consisted of the Trainers Fabrizio Bernardini and Marco Infusino from Italy and the Sports Psychologist Siri Minken from Norway. They were accompanied by the FIM Europe President Dr Wolfgang Srb and coordinated by the Secretary General Alessandro Sambuco.

*"From the results of the different tests you can see the great will of the boys to demonstrate their good management of the balance", said Fabrizio Bernardini. "However it would be appropriate for each of them to intensify and vary the exercises as much as possible, with the aim of a better management of the movement of the centre of gravity, both on the ground and during the jumps. This will also allow saving a lot of energies in the riding performance".*

*"It is evident", stated Marco Infusino, "that the young riders are showing a good strenght endurance to the force especially when they are assuming a position similar to that of riding. However, during the exercises of the training protocol proposed, gaps in coordination skills and core stability are emerging. This is de-*



*initely linked to the prevailing training on the bike, in detriment of the improvement of motor skills”.*

*“The scoring on the riders psychological skills shows that these young riders are passionate and motivated”, added Siri Minken. “We had some good sessions with the parents about how to behave as a good parent. I think most parents had healthy perspective on the riders career”.*

*“As in previous years our staff participated to this Honda Training Camp not only to select the young riders but also to provide themselves and their fami-*



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*lies with tools for their preparation", stated Alessandro Sambuco. "Being prepared in Motocross, so as in the other disciplines, does not only mean achieving significant performances in sport, but above all reducing the chances of incurring injuries associated to a worse control of the bike due to fatigue. We care a lot about all the aspects of safety in the sporting activity of our young riders".*

*"Professional training and education is essential in every sport", concluded FIM Europe President Dr Wolfgang Srb. "The training camp in Albaida, on initiative of Honda and together with the experts from FIM Europe is of utmost importance. The young riders learn also a lot about themselves and understand where they probably have to work harder. The parents have been part of the Training Camp, as special lectures were given to them. All in all, a most successful weekend".*

The actual issue of FIM Europe MAG is online and can be downloaded [here](#).

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**About FIM Europe (www.fim-europe.com)** - The FIM Europe (in the past UEM, Union Européenne de Motocyclisme) includes 47 National Federations (FMNs) and 6 Regional Motorcycling Associations and is a European organization acting within its attributions in all matters in relation with motorcycling activities and, as such, in domains ranging from sport, tourism, leisure, environment, mobility, road safety, legislative affairs, protection and defence of the rights and interests of motorcycle users. As far as motorcycle sport is concerned, the FIM Europe is the supreme and sole European authority empowered by the FIM to control European motorcycling sport activities organized under its jurisdiction throughout Europe. The aims of FIM Europe are to develop and promote all forms of motorcycling in Europe as well as the co-operation and friendship between its members, and notably: to examine all questions related to the development of motorcycling in Europe; to organize European Championships and to establish all competitions that appear beneficial subject to the prior approval of the FIM; to co-operate with the FIM in all matters relating to the organization of international events and motorcycling in general; to organize camps and seminars for riders, officials, coaches and administrators of various European FMNs; to support the creation and development of motorcycling activities in all European countries; to promote the co-operation among all European FMNs; to promote motorcycling among young people, both as sport and motorcycling in general; to encourage the use of motorcycles in European countries and to develop motorcycle tourism; to represent the interests of motorcyclists before European authorities; to promote in the media the sport of motorcycling and the use of motorcycles in all of Europe.

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