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## Honda 150 EC Pre-Season Training Camp

*FIM Europe has always considered very important the presence of joint projects with the industry and with other interested partners for the technical and sporting growth of many young riders. The priority, as usual, is to allow them to reach soon international stature, a fundamental prerequisite to aspire reaching world events.*

*The collaboration with Honda has been so far one of the most successful example. Both parties share the same view and this common objective resulted in the launch of a Motocross European Championship dedicated to very young riders, all riding Honda CRF 250 R 150cc./ 4 stroke bikes. Last year edition registered a successful number of participants and the victory of the Italian Filippo Grigoletto.*

*One additional achievement of this collaboration is the focus on the preparation of the young riders, many of them at their first international experience, through an accurate evaluation of their physical qualities and useful information on how to face at their best an extremely burdensome sporting season.*

*After the positive feedback of last year on the German track of Lausitzring, the same FIM Europe team, composed by high calibre professionals (who deserve to be take into consideration also by FIM), was available to provide to the young riders the appropriate recommendations on how to prepare for the Championship, involving also their parents that will follow them during all the 5 rounds of the Championship.*

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The Honda 150 European Championship is the Junior support class to the FIM Motocross World Championship. This Championship provides Motocross young riders, from 11 to 14 years old and will be run in association with the FIM Europe, taking place jointly with five rounds of the 2014 FIM Motocross World Championship with the following calendar:

- Round 1      04/05/2014   Netherlands  
Valkenswaard
- Round 2      25/05/2014   UK  
Matterley Basin
- Round 3      22/06/2014   Germany  
Teutschenthal
- Round 4      06/07/2014   Sweden  
Uddevalla
- Round 5      27/07/2014   Czech Rep.  
Loket

The riders will use Honda CRF 150 R including in the entry package transportation of the motorcycle to the races, technical and coaching support, fuel, tyres, tools, hospitality area and workstations. All the bikes will be completely identical and strictly controlled. The winner of the Championship will be rewarded with a fully supported ride in the European MX 250 Championship aboard a Honda CRF 250 R.

The Honda has decided to hold this pre-season training camp, held in Albaida the 22nd and the 23rd March, offering to the riders the opportunity to face better the Championship from the first race in Netherlands. The Motocross Circuit of Albaida was chosen for its location in the temperate and dry area and the characteristics of the track that make it safe but exciting. The track is 10 meters wide and 1.5 kilometers long ,with artificial lighting and a proper irrigation system.

22 Riders from 10 Countries attended the Training Camp.

The FIM Europe Staff (accompanied by the Vice-President Edward Bartlett and Ms Paola Bianchetti from the General Secretariat) was

composed by the Secretary General Alessandro Sambuco, the Trainers Fabrizio Bernardini and Marco Infusino and the Sports Psychologist Fabrizio Paris.

The Staff was the same of the last year's selection stage in Lausitzring and adopted a protocol evaluating the riders to propose them customized training plans.

In fact the riders faced three different tests:

- Strength endurance from legs at 90°-130° fixed positions with vertical controller (Fig. 1)
- Core stability from Planck position (Fig. 2)
- Resistance for keeping the riding position on the bike with bent knee legs with vertical controller (Fig. 3 and 4)



*Fig. 1 - Strength endurance from legs at 90°-130° fixed positions with vertical controller*



Fig. 2 - Core stability from Planck position

Following the tests, personalized work plans, with warm-up exercises, have been issued to the riders together with nine very simple and easily reproducible exercises.

The purpose of these exercises is:

- the increase of the quadriceps resistance in order for the correct motocross riding position to be kept for the longest time possible during the race.
- development of the posterior kinetics chain to maintain the correct trunk position and for the prevention of vertebral column injuries.
- disequilibrium management improvement
- development of the external humerus rotators for a correct shoulder position while riding and as prevention for the shoulder joint stability.

Besides the training, it was also done a work to



Fig. 3 - Resistance for keeping the riding position on the bike with bent knee legs with vertical controller

# 4 FIM Europe MAG 02/2014

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support the families of the riders by the Sports Psychologist, who provided suggestions to facilitate the sports activity of their children in order to avoid cases of drop-outs.

At the end it was proposed to the riders, by the same Psychologist, an evaluation sheet about the areas of muscle tension, before and after the practices, in order to make them able to perceive and manage the tensions that may have a negative influence on the riding performance, both in training and in competition.

All riders have been also instructed by the Honda Staff in the procedures to be followed at the Motocross Grand Prix and in technical maintenance of their motorcycles.

The FIM Europe Secretary General Alessandro



Fig. 4 - Resistance for keeping the riding position on the bike with bent knee legs with vertical controller

Sambuco expressed his enthusiasm for the Honda 150 European Championship: *"We have tried to prepare these riders at the best, not only physically, but also considering the importance of all psychological aspects for the improvement of their performances. It is also important to discuss, with the parents, the right approach for being near their sons in the right ways, both during training and competition"*.

Racedays Promoter, Mr Gerry Bryce, has been also very happy about the work carried out during the weekend: *"It's been a great success. I'm very impressed with the ability,*



Fig. 5 – Young rider executes physical exercise followed by a trainer



Fig. 6 – Psychologist talking with parents of the young riders

*professionalism and behaviour of all the riders that have been here this weekend. It's been great to have FIM Europe here and I'm very keen to see the results of the evaluation procedure, the riders and parents had huge interest in what FIM Europe had to say. Albaida has been a great venue, too, it's an exciting track and now I can't wait for the first race in Valkenswaard".*

Also the Honda Off-Road Manager, Motorsport Division, Mr Davy Dousselaere, has expressed

*his satisfaction too: "I'm very pleased to see so many happy faces on both kids and parents. The progression we have seen from all the riders following the tuition of Gordon has been fantastic; there is so much potential here. The involvement of FIM Europe is a huge benefit, too. The package that Alessandro and his team have taught the young riders will allow them to progress in areas where they did not previously realise it was possible."*

