



Press Release

Honda - FIM Europe Training Camp in Albaida



Also this year, and for the third time, the FIM Europe has collaborated with Honda for the evaluation and training of the young riders of the MX 150 4S. The Training Camp was held in Albaida (SPA) on 14th and 15th March with the participation of 33 young riders coming from 15 different Countries.

Across the two days the riders were able to get to grips with the four-stroke CRF150R with track time alongside series coach Gordon Crockard and Honda World Supersport rider Kyle Smith. The two trainers took the riders round the track in small groups to help them improve their riding style, lap time and bike position. Team HRC sporting manager Jean-Michel Bayle and Team HRC MXGP rider Gautier Paulin also joined Crockard and Smith on the track to help guide and advise the youngsters. Spanish motocross rider Jorge Zaragoza was also present on the Saturday to share his experience with the riders.

To ensure that the riders received a complete training package, a fitness assessment and sports psychology session was given by the FIM Europe: accompanied by the FIM Europe President Wolfgang Srb and coordinated by the Secretary General Alessandro Sambuco, the staff consisted of the Trainers Fabrizio Bernardini and Marco Infusino from Italy and the Sports Psychologist Anders Wahlström from Sweden.

The physical assessment saw the riders engaged in two tests:

- the first test was on strength and keeping the correct position on the bike and wanted to assess the endurance of the quadriceps femoris in keeping the correct position of bent legs on the bike. The rider was requested to assume this position with a vertical controller applied to the torso. The time in keeping the position has been measured, until the controller signaled that the torso started to oscillate, or moved forward;
- the second test was to assess the core stability of the rider or his ability to manage the imbalance in the "Planck position". A bad management of the imbalance could adversely affect the performance of the rider.

After the assessment the riders were provided with a training plan with the exercises which had been demonstrated by the Trainer and tested by the riders themselves.



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Also from the psychological side some tests have been proposed to the young riders with the aim to evaluate their competitive behaviour. During the week-end the Sports Psychologist carried out also some meetings with the parents of the riders to give them explanations and tools to prevent dropout from the children's physical, mental and social development perspective.

The next time that these youngsters will ride their CRF150Rs together will be next month at the first European round of the MXGP World Championship in Trentino, Italy.

“Compliments to Honda for arranging such a great opportunity for young riders to attend the training camp in Albaida”, commented Dr Wolfgang Srb, FIM Europe President. “Our part was the fitness assessment and the sports psychology session. Together with the riding skills Honda got a clear picture of the performance and abilities of the various participants. I was also happy about the fact that many parents were present and that the Sports Psychologist could share his experience with them. All in all, a very good weekend and an excellent job carried out by the FIM Europe staff”.



From the left Dr Wolfgang Srb, FIM Europe President, Davy Douselaere, Honda Europe Off Road Manager, Motorsports Division, and Alessandro Sambuco, FIM Europe Secretary General

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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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