



# Press Release

## FIM Europe 2<sup>nd</sup> Workshop on Weight Training in Graz



From the left, Alessandro Sambuco, Stefan Josipovic, Kristina Josipovic, Tomi Konttinen, Espen Blikstad, Marcin Wojcik, Marco Infusino, Colin Buckley, Marinos Portantaris, Martin Janzon, Martin Spittank, Mandy Jenker, Mario Berger, Danijel Vastag, Wolfgang Srb

On 21<sup>st</sup> and 22<sup>nd</sup> March the 2<sup>nd</sup> Workshop on Weight Training organised in collaboration with the European Weightlifting Federation (EWF) was held at the Hotel Paradies - Graz (AUT).

Even in this second Workshop the 12 Trainers, coming from 7 Countries (Cyprus, Finland, Germany, Italy, Poland, Serbia, Sweden), had at their disposal the experience of the Irish presenter Colin Buckley, EWF Executive Board Member in charge of the European Coaching Framework.

Not only theoretical information, concerning mainly postural analysis, functional movements, anatomical adaptations, overreaching and overtraining, but also group work focused on particular aspects as designing a warm-up program to be used before the race and how to design sample gym programs.

At the end of the Workshop was discussed with the Teacher and with the Trainers the project to the study of FIM Europe to create a European Register of Trainers that, once approved and once found the resources, make it possible to the same Trainers to take advantage of annual updates and to be involved in various activities related to FIM Europe Academy (Workshops, Training Camps and Seminars).

Closing the Workshop Mr Colin Buckley, on behalf of the President and the Board of the European Weightlifting Federation, has honored the FIM Europe President Dr Wolfgang Srb with the highest honor of the EWF: the Gold Sporting Collar for Sporting Merit.

The honor was awarded to Dr Srb for his devoted support of European and World Sport.

*“It is of utmost importance that young riders get the best possible education, carried out by*



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*first class trainers. When you set a solid basis at the youth level you have something to step up from in the years to come, via National Championships and Continental Championships to the ultimate target, the FIM World Championships - a dream for every young rider” stated Dr Wolfgang Srb, attending the Workshop.*

*“I am very pleased with the results of the weekend”, Dr Srb added. “The trainers, including two female trainers from Germany and Serbia, are top professionals and will carry out a great job. Education is the key to success; FIM Europe will continue to work hard in this important area to offer the best choices for the Federations and officials”.*



Dr Wolfgang Srb, FIM Europe President receives the Gold Sporting Collar for Sporting Merit from Mr Colin Buckley, on behalf of the President and the Board of the European Weightlifting Federation

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FOR MORE INFORMATION:

Fiammetta La Guidara  
FIM Europe Press Officer  
Tel + 39 342 9231793  
fiammetta.laguidara@fim-europe.com



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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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