

## ***FIM-Europe MX GP Academy Youth Motocross Training Camp 07.07-09.07.2015 Timetable***

### **Tuesday 07.07.**

8:00 morning wake-up  
8:30 morning run + stretches  
9:00-10:00 breakfast  
10:45-11:30 riding technique training (Group 1)  
11:30-12:30 riding technique training (Group 2)  
12:30-13:30 lunch  
13:30-14:15 riding technique training/video (Group 1)  
14:15-15:00 riding technique training/video (Group 2)  
15:00-15:30 free practice (Group 1)  
15:30-16:00 free practice (Group 2)  
17:00-17:45 video analysis (Group 1)  
17:45-18:30 video analysis (Group 2)  
18:30 supper  
19:00-19:30 Lecture on Antidoping (Elina Kivinukk, Estonian Antidoping)  
19:30-20:30 Sahkar Racing overview of a World Championship weekend (EMF)  
20:30-21:30 test ride with KTM electric motorcycles for all participants  
23:00 quiet in the camp

### **Wednesday 08.07.**

8:00 morning wake-up  
8:30 morning run + stretches  
9:00-10:00 breakfast  
10:45-11:25 timed practice (Group 1)  
11:30-12:10 timed practice (Group 2)  
12:10-13:00 lunch  
13:00-13:45 intervall-training (Group 1)  
13:50-14:30 intervall-training (Group 2)  
14:35-15:20 start + 20 min and 2 laps  
15:25-16:05 start + 20 min and 2 laps  
17:30 supper  
18:30-19:00 FIM lecture on the flags, transponders, rules and regulations of a motocross competition  
19:00-20:00 FIM lecture (mechanics-parents) on the communication with the child at trainings and competitions  
23:00 quiet in the camp

### **Thursday 09.07.**

8:00 morning wake-up  
8:30 morning run + stretches  
9:00-10:00 breakfast  
10:00-11:00 riding technique training (Group 1)  
11:00-12:00 riding technique training (Group 2)  
12:30-14:00 lunch

14:00 conclusions, certificates and good-byes

All participants receive an official certificate and small gifts from FIM-Europe MXGP Academy.

The MXGP Academy training camp is organized at the Lange Motocross Center, in Haaslava Parish, Tartu County, Estonia: [langemotokeskus.com](http://langemotokeskus.com)

Participation fee for the camp is **250 Euros** (this includes track fees, meals and drinks for the participant and one mechanic/parent, training sessions, timed practice service on Wednesday, medical service, preparation and service of the track). The cost also includes paddock services (electricity, water, WC, shower) at the Lange Motocross Center. The participation fee can be paid on-site in cash.

The riders of the classes 65cc, 85cc, 125 2-stroke and 250 4-stroke (up to 23 years old) can participate in the camp.

The trainer at the MXGP Academy camp is two-time motocross world champion **John van den Berk** from Belgium who has trained top riders like **Kevin Strijbos**, **Dennis Verbruggen**, **Gert Krestinov** and others.

MXGP Academy youth motocross training camp is organized by Tartu Motocross Club in co-operation with Youthstream, the Estonian Motorcycling Federation, Estonian Ministry of Culture, KTM Estonia and others.

More information about the trainer John van den Berk: [johnvandenberk.com](http://johnvandenberk.com)

Pre-registration is compulsory at <http://www.msport.ee/en/events/mxgp-academy-international-youth-motocross-training-camp-2015/> and ends on July the 4<sup>th</sup>, 2015.