

MXGP Academy International Youth Motocross Training Camp July 13-15, 2016 in Estonia

The FIM Europe MXGP Academy international training camp is organized on July 13-15, 2016 at the Lange Motocross Center, in Haaslava Parish, Tartu County, Estonia: langemotokeskus.com

The trainer at the FIM Europe 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.

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

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

More information about the trainer John van den Berk: johnvandenberk.com

Pre-registration is compulsory at <http://www.msport.ee/en/events/mxgp-academy-international-youth-motocross-training-camp-2016/> and ends on July the 8th, 2016.

FIM-Europe MX GP Academy Youth Motocross Training Camp 13.07-15.07.2016 Timetable

Wednesday 13.07.

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
19:30-21:30 test ride with KTM 2017 enduro motorcycles for all participants
football fathers-sons
23:00 quiet in the camp

Thursday 14.07.

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
18:30-19:30 Antidoping lecture (Elina Kivinukk, Estonian Antidoping)
19:30-20:30 FIM/EMF lecture on the flags, transponders, rules and regulations
of a motocross competition
football fathers-sons
23:00 quiet in the camp

Friday 15.07.

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.