

## **FOR IMMEDIATE RELEASE**

### **2011 Elite Rider Training Camp**

**MOTORCYCLING Victoria will be holding an Elite Rider Training Camp over three days in November and is excited to invite riders from all disciplines in Victoria to apply.**

Held on November 24th - 26th at the Melbourne Sports & Aquatic Centre (MSAC), the camp will be an excellent opportunity for riders to improve their off-bike skills and knowledge of their sport along with some industry professionals to help them develop into more accomplished riders in the future.

Aimed at riders of all ages; individuals will need to be mature and have an exceptional attitude towards their riding and their sport. This opportunity is a fantastic chance for riders to excel in the sport and take their riding to the next level. It is hoped that this camp will form into a 'feeder camp' for national squads.

This camp will be for riders who ride at an elite level; therefore previous results will be taken into account as well as the application form which will be reviewed by a selection panel.

The Elite Rider Training Camp will be entirely based off-bike, and led by Victoria's own Lee Hogan over the three days. Hogan will be heading some seminars on his own whilst other professionals will be providing the camp with some invaluable information about many different topics such as:

#### **Day 1**

- Fitness testing (Power Test)
- Recovery techniques
- Injury prevention
- Cross training techniques / gym tips

#### **Day 2**

- Leadership & Personal Development
- Media Training
- Sport psychology
- Motivation / goal setting
- Mentor session

#### **Day 3**

- Nutrition and dietary requirements
- Drugs in sport
- Sponsorship
- Product safety

**MV will cover all costs of the camp from the Thursday through to the Saturday, including meals, travel and accommodation. Spots are limited.**

To be considered for a spot in the camp all applications will need to be completed in-full, with no more than 1 A4 page of supporting documentation to:

Trent Zimbachs  
Development Officer  
Motorcycling Victoria  
125/9 Hall Street  
Port Melbourne, VIC, 3207  
**Phone:** (03) 9673 0612 | **Fax:** (03) 9673 0620  
**Email:** [development@motorcyclingvic.com.au](mailto:development@motorcyclingvic.com.au)

Applications need to be in by midday on Friday, October 28. If anyone has any queries about the camp they can contact Trent at the details above.

Click here for the [Elite Rider Training Camp Application Form](#).

**ENDS**

Ryan Fritz

Communications Officer

Motorcycling Victoria

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