



FÉDÉRATION INTERNATIONALE
DE MOTOCYCLISME



2010 FIM WOMEN'S TRIAL TRAINING CAMP

09 - 11 August 2010
Frammersbach (Aschaffenburg), Germany

The FIM, the DMSB and Iris Krämer organise a three days FIM Women's Trial Training Camp in Frammersbach, close to Aschaffenburg in Germany, on 9 - 11 August 2010. The event will be held in accordance with the FIM Sporting Code.

Each participant must come with her own Trial bike and must have a 2010 National, European (UEM) or FIM Women's Trial licence. Each participant must also have a valid insurance in case of injuries (included in the licence or not).

The purpose of this camp is to raise the level of the women riders and prepare them to participate to National, European or FIM World Championships. One trainer appointed by the FIM will lead this training camp.

Responsible person: Ms Iris Krämer
Ph.: +49.17.12.42.32.72
Email: info@trial-iris.de

How to get there:

Frammersbach is 50 km from Frankfurt Airport, close to A3/E41, Exit 59 - Aschaffenburg East (direction Aschaffenburg - Munich). There will be flags when the girls arrive to Frammersbach which will show all the way to the paddock.

Accommodation: Full accommodation for 3 days (breakfast, lunch and dinner incl. drinks) costs 54.- Euro and will be offered in the Clubhouse, directly at the practice area and paddock.

If somebody is searching for a hotel please contact me I will arrange it!

Homepage of the club: <http://www.msf-frammersbach.de/>

More information on: <http://www.ofm-trialteam.de/>

The paddock will have shower and toilets but no electricity.



Schedule:

Sunday 08.08.10

8pm Login at the main house from the club (MSC Frammersbach) with Iris Krämer. For those who want to eat breakfast on Monday morning, please inform Iris so the club can organise it.

Monday 09.08.10

Until 9am Login again in the main house for those who didn't arrived on Sunday

9am Practice meeting and features of the rules from the practice area

9:30am - 12am Technical training with the coaches in the practice area

12am - 2pm Lunch break

2pm - 5pm Section practice in the practice area

6pm Dinner time

7pm Technology training on motorcycle (how to clean the airfilter, etc.)

Tuesday 10.08.10

8am - 9am Breakfast

9am - 12am Technical training with the coaches in the practice area

12am - 2pm Lunch break

2pm - 5pm Section practice in the practice area

6pm Dinner time

7pm - 8pm Media training

Wednesday 11.08.10

8am - 9am Breakfast

9am - 12am Sections practice in the practice area

12am - 1pm Lunch break

1pm - 3pm Little fun competition inside the group in the sections they were practicing during the last days