

N A S R 2010 Driver Development Program

NASR National Office posted Wednesday March 10, 2010.

NASR has great pleasure in announcing that the following drivers have been selected for the 2010 NASR Driver Development Program.

- Liam Dowling – WA
- Jason Kendrick – WA
- Kristin Brown - QLD
- Brent Aprile - QLD
- Andrew Ryder - TAS
- Jason Gantz - SA
- Ty Galley - VIC
- Monique O'Hehir - NSW

Each of the drivers, who are aged between 16 and 21 years, have been selected by their NASR State Office where they have all demonstrated excellent results over the past three years. In addition they have been able to demonstrate that they excellent representatives of speedway with the potential to be future ambassadors of the sport.

The program will be at the Australian Institute of Sport in Canberra March 16th-18th.

NASR Competition & Operations Manager Paul Trengove, believes this is a great opportunity for NASR to help support young speedway competitors who are looking to improve their performance both on and off the track. For those who attend, it will unlock many of the secrets required to be successful at the elite level and offer a range of practical tools that can be applied throughout their motor sport careers.

The camp will focus on improving individual performance for speedway competitors and will cover topics such as nutrition, cardiovascular activity, strength and conditioning, recovery and psychology.

Although the camp will include some theoretical components, it will be highly interactive with a comprehensive performance report and will provide a number of tools for application away from the AIS. It will also give participants an opportunity to benchmark their performance against previous young speedway drivers as well as recent CAMS Rising Stars from circuit racing.