

NASR is pleased to announce the 2nd NASR Driver Development Program, which will be held March 10th - 12th 2009 and has been designed to assist elite young drivers reach their full potential.

The development of young drivers is fundamental for the future of speedway and previously there were only very limited opportunities available for young speedway drivers.

The program is designed for up to eight drivers to attend an AIS (Australian Institute of Sport) training camp. This opportunity is available to speedway through NASR's close working relationship with CAMS that is a result of the NASR delegation of authority from the FIA for speedway racing in Australia.

The 2009 NASR Driver Development Program will be conducted over three weekdays in March 2009 and will cover subjects such as physiology, recovery, media training, nutrition, self massage, a gym session and a social evening so the sports future stars can meet and discuss their future aspirations.

NASR Competition Manager Paul Trengove, having attended 3 training camps himself whilst racing Formula 3 and Formula 4000, will be attending the camps to provide assistance and guidance to the young drivers.

"The first of these camps was a great success, with young drivers from all over the country being put to the test in areas such as strength, fitness and agility," said Trengove.

"It was very pleasing to see the interest all drivers took in learning about how fitness, diet and psychological factors can influence their performance on race night. They were also very interested in the different methods of training that can be done to really improve themselves in a range of different areas."

Young V8 Dirt Modified Driver David Clark really appreciated the benefits of the first NASR program in driving his future racing career.

"I would just like to sincerely thank NASR for this great opportunity to be a part of such an interesting and beneficial camp. The camp opened my eyes up in a wide variety of ways, which will help me as a driver and enable me to grow my career. I hope that more drivers realise the importance of health and fitness in speedway and how it is a vital part to your driving performance."

NASR General Manager Tim McAvaney stated, "This is another example where NASR has been able to provide additional benefits to Australian speedway and we endeavour to ensure that these programs will continue for future years. I would urge interested young competitors to apply for the 2009 Driver Development Camp at the AIS".

Mr Dale Gilson General Manager of NASR and Mr Neil Sayer Chairman of NASR both attended here in Western Australia

firstly at the JSRA (Junior Sedan Racing Assoc) Launch on Thursday 8th October 2009 held at the Perth Motorplex-Kwinana which was well attended by Junior Club Members, Dignitaries and others

followed by a Function on Friday 9th October 2009 at the offices of Speedwaywest in Victoria Park to welcome Dale to our Industry.

This Function was attended by NASR (WA) Inc Board Members WA Speedway Commission Commissioners and Members of the Speedwaywest Advisory Committee Members, together with numerous Racing Association Presidents and Promoters.

