



2009 Victorian Institute of Motocross (VIM) Program

The Victorian Institute of Motocross (VIM) program is designed to assist the motocross riders of Victoria in taking their riding and training to the next step, with the aim of being successful at both the state and national level.

Eagerpig Developments first took on running the VIM program for the 2008 season with a very successful year so far. Although successful, many things have been learnt at the same time bringing some small changes to the program for the 2009 season.

Riders will be selected from the list of applicants and will then attend a series of coaching and training sessions throughout a 12 month period. There will be a total of 10 – 12 sessions. 2008 saw 4 training sessions and 6 coaching sessions, this will change for 2009 with more emphasis on the training sessions with new and varied topics to be covered.

Coaching sessions will be conducted at several different tracks around Victoria by experienced and accredited coaches with a very low rider to coach ratio to guarantee maximum benefit with first aid in attendance. Coaching sessions will be very intense and structured to match the level of riders therefore a parent/guardian will need to be with each rider to assist as required. Same as 2008 we will endeavour to use tracks that firstly provide quality skills training to the riders, and secondly where possible we will utilise tracks where State and National events will be held.

Training sessions will be made up of fitness tests and evaluations along with theoretical classes possibly covering but not limited to, training, goal setting, diet/nutrition, bike set up, public speaking, psychology, and race day preparations. Classes will be run by accredited coaches, presenters from the Victorian Institute of Sport and other guest speakers.

In addition to this each rider will be given a yearly physical training plan designed for them with structured peak fitness and recovery periods. Coaches will be available to assist the riders with this throughout the year, while also being in attendance at selected events for race day assistance and motivation where required. We are also looking to have regular access to the VIS and guest presenters used so they can become more of a year long asset rather than a once off presentation speaker.



Finally, being a part of the VIM program does not mean you can only be coached by Eagerpig Developments, this was a concern for some riders last year who were under this impression. We understand you may have an existing relationship with another coach and there may be opportunities to train on tracks that we will not visit, this is fine by us. We do however ask you to give us the opportunity to cover as much of your coaching as possible, with particular attention given to the off bike training sessions and presentations that we found so valuable to riders during the 2008 program.

Eligibility

For 2008 applications were only accepted from riders aged over 13 years old who were currently either A or B grade level. Due to a large interest last year from riders outside this range we have decided to accept applications from all riders and will look at running separate sessions accordingly to suit everyone's needs, this includes female riders.

Rider Fees

Fees are under evaluation and will be finalised and sent to successful applicants with an information pack regarding starting dates and venues.

VIM riders also receive discounted fees for themselves and their family at any other Eagerpig Developments schools.

Start Date

The first session will take place late October early November giving plenty of preparation time for the 2009 season.

Application Closing Date

Applications are now open and will close **Friday 26th September 2008** however, early applications will be much appreciated as it will assist us with our planning.

Please fill out the application form found below and send to Eagerpig Developments at your earliest convenience.



2009 VIM Application Form

Name: _____

Address: _____

City: _____ State: _____ Postcode: _____

D.O.B.: _____ Age: _____ Mobile: _____

Phone (BH): _____ Phone (AH): _____

Email: _____

Current Class: _____ Current Bike/s: _____

Parent / Guardian Name: _____

2007 Results (briefly):

2008 Results (briefly):

2009 School Year Level or Job Description:

2009 Planned Events & Goals:

2010 Planned Events & Goals:

