

# Media Release

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## 2011 AIS Elite Rider Training Camp applications now online

Motorcycling Australia (MA) would like to announce that it will be holding a training camp based at the Australian Institute of Sport in Canberra specifically for athletes in the disciplines of Speedway, Dirt Track and Road Racing.

The camp will cater for up to 10 athletes and is targeted at riders achieving outstanding results at State or National level.

The training camp will run over five days and will incorporate fitness testing, physical training sessions and AIS lectures on general sports science. (i.e. Nutrition, Sports Psychology, Physiology, Strength and Conditioning etc.)

The camp will run from Monday 7 November to Friday 11 November 2011, with applications closing Sunday 4 September 2011.

To apply for a place at the camp, please download and complete the application form at [www.ma.org.au/forms](http://www.ma.org.au/forms).

For further information regarding the AIS Camps contact:

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