



Fernando Alonso  
Karting Campus  
2016

FERNANDO ALONSO  
KARTING  
SCHOOL



FERNANDO ALONSO

KARTING



CAMPUS

## PRESENTATION

Fundación Museo y Circuito Fernando Alonso presents this exclusive and one-of-a-kind Karting Campus which was conceived hoping to promote between the younger ones, the principles and values of sport in general and karting in particular. We look at this campus as an initiation course in this sport for boys and girls between 8 and 11 years old, with a programme designed by Fernando Alonso himself.

The Campus will begin the 27th of June and will end the 1st of August, taking place in the brand new facilities of the Fernando Alonso's museum and circuit located in La Morgal, Asturias.

Participants will be offered the basic training as a karting driver, 15 hours of theoretical classes and practice given by highly qualified teachers with specific physical preparation.

Some of these classes will be given in English to promote the vocabulary of this sport. There will also be three hours of English for spaniards and Spanish for foreigners daily.

Students will be provided with the approved full equipment to develop this activity: racing karts, helmets, balaclavas, driving suit, gloves and boots.

Other activities will also be offered, such as specific training in different sport centers, talks and Q&A with professional athletes, cultural activities, as well as accommodation, transport and meals.

This campus has limited places and its only requirements are, being between 8 and 11 years old and not having taken place in any championships and most of all, being willing to learn this exciting sport!

FUNDACIÓN MUSEO Y  
CIRCUITO  
KARTING  
SCHOOL





## GOALS

This course is designed to promote the values of sport for the child's personal growth.

Main goals:

- Promoting sport in general and karting in particular.
- Learning the values and principles of sport and competition.
- Learning the proper functioning of a kart, the reglamentation for a safe and appropriate driving.
- Pilot basic formation.

FERNANDO ALONSO

**KARTING**



**CAMPUS**

## OUR METHOD

Many practice sessions will take place where all the knowledge learned in the theoretical lessons should be applied.

These sessions will be upgraded depending on the abilities of the student.

Campus lessons are distributed in the following modules:

### THEORY:

1. Karting 101

2. Parts of a kart

- Chassis (composition and how it works)
- Engine (how it works)
- Tyres (pressure, temperature and efficiency)

3. Maintaining the kart

4. Approved equipment:

- Helmet
- Balaclava
- Driving suit
- High boots
- Gloves
- Optional: collar, rib protecting vest

5. Racing lines

6. General considerations about racing. Rules and regulations

7. Signs and regulated flags.

8. Karting orientated physical work-out. Work-out planning.

9. Healthy eating habits applied to kart racing.

10. Safety systems, first aid care.





## OUR METHOD

### PRACTICE:

- a. First contact with the track by foot and learning its singular characteristics
- b. Position, posture while driving and kart starting.
- c. Getting in and out of boxes.
- d. Turning radius, cone using.
- e. Track stops (how to cope with breakdowns, spins, etc.)
- f. Racing lines, overtaking, sudden braking and mistakes correcting
- g. Driving techniques and strategies
- h. Karting orientated physical work-out
  - Body speed
  - Reaction speed
  - Coordination
  - Resistance
  - Aerobic ability
  - Strength
  - Elasticity
- i. Oversteering and understeering
- j. Stops and reacting speed depending on dry/wet weather
- k. Setup testing. Dry/wet. Result analysis.
- l. Races. Briefing, pre-grid practice session, timed practice, pre-final, final.



## SAFETY EQUIPEMENT

We will provide the student with:

- Instructional materials (teaching aid)
- Racing kart FA under-12 Rookie
- Customized and racing- approved equipment consisting on:
  - Helmet
  - Balaclava
  - Driving suit
  - Gloves
  - Boots
  - Tracksuit and gym bag



## OUR KARTS

### General characteristics:

FA Chassis, approved by the Royal Federation of Automobilism for under-12 and under-14 karts.

Steel tubes of 28 mm.

Distance between axles 950 mm.

Length: 1.750 mm.

Width: 1.200 mm.

Weight: 70 kgs.

Frontal, rear and lateral bumpers

Vega tyres

120-160 cc Four stroke engine





## IN ENGLISH

We are aware of how important is english learning and practicing, specially in this sport. There is no better way to learn two things than mixing them together and practicing them at once, getting the students used to its specific terminology.





## IN SPANISH

For children from different countries who are willing to learn karting and learn or improve their Spanish.

Fernando Alonso Karting Campus is opened and available for kids all over the world. Promoting multiculturalism and social harmony between young athletes from different countries, is a way to emulate the reality of this sport.

Language learning is supported by 3 hours a day of classes given by native graduates who give a fresh and dynamic approach to the learning process. Our language courses are given by a native and experienced faculty. Groups of 15 children top, distributed by levels. Oral practice will be specially promoted in a fun and enjoyable atmosphere.

We will emphasise on the specific racing vocabulary.

The learning process will be improved by the coexistence the kids will make during the whole week. Always supported by our bilingual instructors.



## OTHER ACTIVITIES

Our course also includes other activities such as golf, road safety workshops, recreational and cultural clubs... all of them in our facilities. Activities are always developed under the instructor's supervision (one for each ten kids).

- Physical activities racing-orientated at our track and in Aquaxana's sport centre.
- Road safety
- Meetings with professional athletes, Q&A, advices, etc.
- Visiting Fernando Alonso's museum.
- Scheduled visits: "Bear house" at Proaza (Fundación Oso Asturias).

Optional:  
Golf 101 in La Morgal Golf Club, located nearby our museum and track.



## ADDITIONAL INFORMATION

### WE TAKE CARE OF YOUR CHILD

Our instructors are carefully selected, as they are the kids' reference throughout the course.

As the student's tutors, they supervise their whole campus experience; from the sport programme to English courses and workshops, evening activities and personal hygiene, in the case of Full Camp children.

Students are accompanied by their instructors at all times.





## ADDITIONAL INFORMATION

### MEALS

Our menus are specially designed to accomplish the goals set by sports specialists depending on their age and the physical activity they develop. Our students do not stop learning while meal time! Instructors will teach them the importance that a healthy and well-adjusted diet has for an athlete.

There will be four meals during the day: breakfast, lunch, afternoon snack and supper. Special menus will be provided for vegetarians, gluten intolerants, allergies, etc. (Previous notification).





## ADDITIONAL INFORMATION

### INSTRUCTORS AND TEACHERS

Children will be accompanied at all times by highly qualified teachers. One for each 10 kids as regulated. (R.D 76/1998).



## ADDITIONAL INFORMATION

### SAFETY FIRST

Tests and activities will always be risk-free and supervised.

All of our students are covered by a wide range insurance which includes hospital and pharmaceutical care. For us, safety is primal.

Our facilities are located near a hospital and a 24h emergency centre.

We also have a medical responsible who would take care of any sanitary incident and keep a track of it if needed. It would also be in charge of supervising the treatment kids may bring from home.



## ADDITIONAL INFORMATION

### TRANSPORT

A bus or minibus will be provided during the campus for every route from the hotel to the campus facilities and scheduled activities.

### EMERGENCIES

In case of an emergency and unable to reach his/her parents, the course manager is authorised for taking the needed measures for the student's well-being.

### INSURANCE

Information about the insurance coverage will be handed with the student's file. If an accident overtakes the insurance's coverage, the expenses will be taken cared by his/her parents or legal agent.





## ADDITIONAL INFORMATION

### PUBLICITY

Fundación Fernando Alonso is authorised to make use of whatever graphic material the student's are in for promotion or publicity purposes.

### USE OF PERSONAL DETAILS

Participants authorise Fundación Fernando Alonso to incorporate the personal details filled in their registration form in order to provide information which could be interesting for them.

### TERMS AND CONDITIONS

Participation in this course implies the knowledge and awareness by the participant and/or his relatives or legal guardian of all the terms and conditions included in this document.



FERNANDO ALONSO



Cayes s/n La Morgal  
33428 Llanera - Asturias - España  
Tlf. +34 984 180 808

[karting.school@fernandoalonso.com](mailto:karting.school@fernandoalonso.com)  
[www.fernandoalonso.com](http://www.fernandoalonso.com)



**CIRCUITO Y MUSEO**  
FERNANDO ALONSO