



BMW Motorsport Junior Programme

Intense mental and simulator training for BMW Motorsport Juniors in Silverstone.

Munich (DE), 10th June 2014. On the eve of Whitsun, the BMW Motorsport Juniors visited the iZone Driver Performance Centre in Silverstone (GB), where they completed a three-day mental and simulator training course. The goal of this workshop was to provide the four drivers – Jake Hughes (GB), Jesse Krohn (FI), Alexander Mies (DE) and Moisés Soriano (ES) – with techniques to help them improve their lap times and performances during a race through mental preparation.

Under the guidance of renowned sports psychologist Prof. Dr. Dieter Hackfort (DE), the juniors learned how to first visualise a racetrack mentally, and subsequently to use this in the car to improve their performance. Each of the four drivers received coaching tailored to their individual needs in the simulator.

“The results of all four participants were very good,” said Hackfort. “You could see that they are no beginners and worked in a very professional manner to implement our instructions. We tested their ability to use mental visualisation to improve their lap times, on both a circuit they were familiar with and a completely new circuit. There were significant improvements in both cases. This confirms that we have selected the right candidates as BMW Motorsport Juniors.”

As well as mental and simulator training, the three days in Silverstone also focussed on fitness. All the drivers completed a fitness test, which formed the basis for an individual fitness plan.

Next up for the BMW Motorsport Juniors is their first test in the BMW M235i Racing. This takes place in Spa-Francorchamps (BE) on 24th and 25th June. The quartet will then contest the first of three VLN races at the Nürburgring-Nordschleife (DE) in this car on 5th July.

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