

Newman trains for Darwin

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Rhys Newman is stepping up his physical fitness training this week prior to Round 2 of the Aussie Racing Cars Super Series. The Adelaide based student will spend the coming week at the Australian Institute of Sport (AIS) in Canberra.



Newman, the 2010 CAMS Aussie Young Gun, will be attending the camp for the second time; in 2008 he attended the AIS as part of the CAMS Junior Driver Development Program (JDDP). "I can't wait to get back there, I always look forward to all my sporting activities as I have an interest in health and fitness but the world-class facilities, the expertise and passion at the AIS are fantastic". The weeklong camp teaches students skills in areas such as nutrition, psychology, strength, conditioning, recovery and media skills. "I use the techniques and skills from my first visit to AIS in my training regime, so I'm looking forward to expand on those in this next camp" said Newman.

After a solid start in the series opener at the Clipsal 500 Adelaide, Newman aims to build on that foundation and move up the championship ladder. "Everyone from my camp came away from Clipsal happy; Phil Ward from Aussie Racing Cars was sensational to work with, engineering the car and giving me advice on how to get the best out of the car, he runs a well oiled ship. I improved every time I got in the car with a personal best lap time and worked up the field with finishing positions. The Adelaide street circuit is exhilarating to drive I thoroughly enjoyed the whole event" said Newman.

Round 2 of the championship is to be held at Hidden Valley Raceway. "I'm really looking forward to the Darwin round, it's my first visit to the top end of Australia, and from what I've seen and heard so far the track is a great dicing circuit, so it will really suit the Aussie racing cars, and after Clipsal I'm itching to drive the car again" said the 16 year old.

The CAMS Aussie Young Gun program is a joint initiative between CAMS and



Aussie Racing Cars that has been developed to give up and coming stars a real opportunity to compete at a National level in a true racing car. For further information please visit: <http://www.cams.com.au/Media/News/2010/Rhys-Newman-announced-as-CAMS-Aussie-Young-Gun.aspx>

For further information regarding Aussie Racing cars please visit: <http://www.aussieracingcars.com.au/index.html>



For hi-resolution copies of the attached photos, further information or further photographs please contact Rob Newman on 0418 823 141 or robnew@bigpond.net.au