





# Center of Excellence

2022-2026

# THE ROAD TO SUCCESS

## SHORT TRACK TRAINING CAMPS

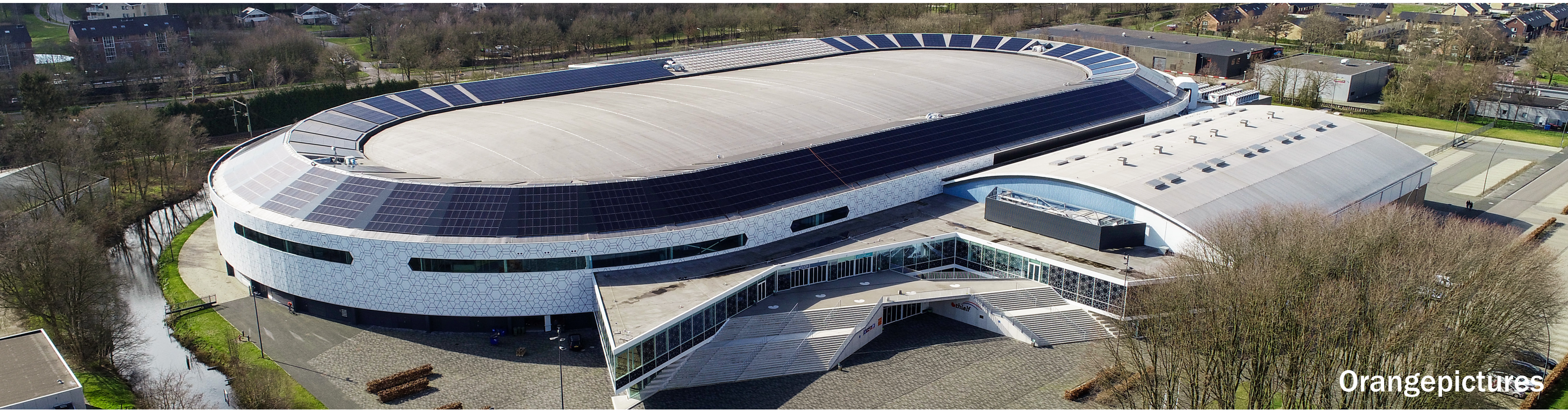
### THE NETHERLANDS

2022 - 2023



# **The ISU Center of Excellence Short Track**

Our Goal: To offer our Knowledge, Experience and Expertise in the amazing Ice rink facilities (Thialf- Heerenveen) to the rest of the World. Therefore, ensuring future sustainability of the sport for the entire Short Track family all over the World.



## **Short Track Training Camps**

During the 22-23 season we will organize seven Training Camps each consisting of a period of one week (Monday – Saturday with Sunday as a rest day). You may book a minimum period of one week or a maximum of all seven weeks. There will be a maximum number of twenty skaters allowed per Training Camp. Registration will be based on a first come first served basis.

The Ice rink Thialf in Heerenveen will be the ‘base’ location where all the Training Camps will take place. Camps are ‘Open’ for skater from all over the World. During the week(s) skaters will be given a personalize training program that includes ice training, strength & conditioning and numerous workshops (material-set up, referee explanation of the new ISU Special & Technical rules etc). It is mandatory that teams/skaters bring their coach. If you do not have a coach, please inform us prior to booking.



# Training Camps Dates Season 22 - 23

Camp 1.	Camp 2.	Camp 3.	Camp 4.	Camp 5.	Camp 6.	Camp 7.
26 Sept until 1 Oct	3 Oct until 8 Oct	10 Oct until 15 Oct	17 Oct until 22 Oct	23 Jan until 28 Jan	30 Jan until 4 Feb	17 Mar until 22 Mar



## The Program

The Program will be organized in collaboration with other ISU members. The weekly program will be ‘run’ by the ISU Center of Excellence coordinator. The coordinator will oversee the day-to-day operational issues.

Ice Training



1 or 2 times per day

Strength & Conditioning



1 to 3 times per week

Workshops



Material, new ISU rules



# Safety First!

Thialf ice rink is one of the 2 rinks in Holland with a Free-Standing Padding System. Ensuring the minimum risk of injury should you take a fall.

**Cost 'excluding' board & lodgings €595 per week**

Search for lodgings at [Booking.com](https://www.booking.com) or [airbnb.com](https://www.airbnb.com)

## Additional services upon request:

Short Track Data support €70 p/w (including rental of transponder)

Physiotherapist Treatment (cost per consultation) €50,-

Doctor Consultation (Cost 1st consultation €90 & thereafter €45)

## Minimum Requirements for Participation:

500m personal best of 46 seconds (Women) 43 seconds (Men).

Proof of full medical and personal liability insurance prior to arrival.

Minimum: 18 years old.

**BOOK YOUR TRAINING CAMP HERE**

For questions please contact: [shorttrackcenterofexcellence@knsb.nl](mailto:shorttrackcenterofexcellence@knsb.nl)

More information: [knsb.nl/isucenterofexcellence](https://knsb.nl/isucenterofexcellence)

Booking possible: <http://pay-ce.com/>

