

## ISU Coach Stage 2 education - long track speed skating

Are you a coach in speed skating and active as a club coach, skating school instructor or similar? And are you looking for a practical coaches' education in an international setting to improve your own coaching skills and the quality of your trainings?

### For who?

Coaches active in speed skating within clubs, skating schools or similar, working with beginner and advanced skaters and youth up till about 16 years old.

### Education themes

Coaches get equipped to become an independent trainer-coach. Examples of education themes: didactics, pedagogics, methods used for learning to skate, implementing fun components into lessons, basic training principles, positive coaching, safety on the ice, skating materials and muscular movement.

### For this education, applying coaches will have to meet the following criteria

- Active in skating: at a skating school, club or similar organisation in;
  - Long track, short track, inline skating and/or roller derby
  - Long track speed skating is the main focus of the education, but coaches from other disciplines are welcome
- Sufficient own long track speed skating ability: able to give good examples and inspire
- Ability to learn in English: speaking, reading and writing
- Motivated to learn together, disciplined to work with practical home assignments
- Ability to work with online educational materials: video, articles, online learning platform
- Minimum age at the start of the education: 18 years
- The student coach will need to arrange their own traveling, pay for accommodation and meals (this will be invoiced by the Finnish Speed Skating Association), but the education will be provided for free

### Optional for student coaches

The possibility to bring 1 or 2 skaters to join the training group. For the student coaches to practice with an actual group of skaters, 20 skaters will take part in the project. 8 skaters are brought by the Finnish Speed Skating Association, and 12 additional spots (6x 2) are available for skaters brought by student coaches. The group of skaters practices as one team and will have social activities to learn from each other in sports, language and culture. The Finnish skaters will be at the study periods from Wednesday till Sunday, and the skaters brought by the student coaches are very welcome during that period as well, but it is obligatory to take part from Friday till Sunday.

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### *Criteria for skaters to take part in the project*

- C and/or B1 juniors with sufficient English skills
- Skaters who have experienced at least 1 full year of skating training at a club connected to the skating association of their country
- The student coach can select their own skaters (max. 2 per coach) according to the criteria for the project, but in case the project organisation gets more applications than there are spots available, the project organisation makes the final selection
- All skaters need to have experience in long track speed skating on ice and have proper equipment
- Accommodation, ice fee, a training program and meals are covered by the project for these skaters (means and costs for traveling are the skaters' own responsibility)

The participating Finnish skaters are selected by the Finnish Speed Skating Association.

### **Dates, locations, fees**

Fri 16 Aug - Sun 18 Aug 2019 in Heerenveen (last weekend of summer ice period in Thialf)

The first study weekend is for student coaches only, no skaters. Own fee for accommodation, transport during the program and meals to be paid by the student coach: 180 euros.

Fri 18 Oct - Sun 20 Oct 2019 in Berlin, Germany

The second study weekend is with skaters. Own fee for accommodation and meals to be paid by the student coach: 180 euros.

Fri 29 Nov - Sun 1 Dec 2019 in The Netherlands (near Heerenveen and Leeuwarden)

The third study weekend is for student coaches only, no skaters. Own fee for accommodation, transport during the program and meals to be paid by the student coach: 280 euros.

Fri 3 Jan 2020 - Sun 5 Jan 2020 in Berlin, Germany

The fourth study weekend is with skaters. Own fee for accommodation and meals to be paid by the student coach: 180 euros.

Each study weekend starts in the afternoon on the first day (Friday) and ends around lunch time on the last day (Sunday). This is to give all participants enough time to travel without losing too many regular work days. This also means that the study weekends are intensive, to optimise the use of time. To successfully complete the education, a participant will need to take part in each of the four weekends.

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### Application procedure

Interested coaches who match the criteria mentioned above will have to send an email which includes a CV and letter of motivation to [carolien.hunneman@luisteluliitto.fi](mailto:carolien.hunneman@luisteluliitto.fi) before the 30th of May 2019. After this, the organisation will contact all applicants personally for a short interview. Questions regarding this project can also be directed towards Carolien Hunneman.

*By applying for participation, a coach agrees to pay the fees mentioned above at 'Dates, locations, fees' which will be invoiced by the Finnish Speed Skating Association.*

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