

THE ROAD TO SUCCESS

ISU CENTER OF EXCELLENCE SHORT TRACK

SEASON PROGRAMS & TRAINING CAMPS



THE NETHERLANDS

2023 - 2024

*Book your
spot now!*

KNISB

The ISU Center of Excellence

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 Ice skating family all over the World.

‘Training Camps’

Camp 3

From the 9-15th January 2024 we will organizing the camp 3. A jetlag preparation camp for the Youth Olympic Games.

There will be a maximum number of twenty skaters allowed. Registration will be based on a first come first serve basis.

Camp 4

From the 7-13th February. This camp will be at the same location as the ISU Junior World Cup Final in Thialf

Training Camps Dates Season 23 - 24

Camp 1.	Camp 2.	Camp 3.	Camp 4.
Junior World Cup Prep 1	Junior World Cup Prep 2	YOG Prep 1	Junior World Cup Prep 2
19 - 26 October 2023 Completed ✓	16 - 22 November 2023 Completed ✓	9 - 15 January 2024 Planned	7 - 13 February 2024 Planned

The Program

The Program will be organized in conjunction 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. For both the Full-Time programs and camps a qualified coach will run the day-to-day sport technical program.

Evita Krievane will be the headcoach.

Ice Training



1 or 2 times per day

Seminars



1 to 3 times per week

Workshops



Material, new ISU rules

Safety First!

Thialf ice rink has certified padding in their facility and is one of the two rinks in Holland with a Free-Standing Padding System for Short Track. Ensuring the minimum risk of injury should you take a fall.



Fees

Short Track preparation camp costs:

€75 per night for skaters and coaches €40 all inclusive.

Full board & lodgings, workshops, seminars, ice program with training facilities.

Camp 3 jetlag protocol; this means we will have ice training and meals if you were in Korea 8 hours later.

Book your spot today!

We will have personal electronic timing available using transponders whilst training.

Additional services upon request

Physio Therapist Treatment (cost per consultation) €50,-

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

Minimum Requirements for Participation

Shorttrack:

500m personal best of 49.5 seconds (Women) 46 seconds (Men)

Proof of full medical and personal liability insurance prior to arrival

Minimum: 18 years old*

***For all the preparation camps skaters under the age of 18 are allowed only when accompanied with a coach or parent. If you have a special request regarding this please let us know.**

**BOOK YOUR SHORT TRACK
TRAINING CAMP HERE**



More information

For questions and booking:

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More information:

knsb.nl/isucenterofexcellence