

# THE ROAD TO SUCCESS

## ISU CENTER OF EXCELLENCE SHORT TRACK AND LONGTRACK

SEASON PROGRAMS & TRAINING CAMPS



THE NETHERLANDS

2023 - 2024

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.

## Option 1

### Short Track & Long Track Options

**All year round (from 7 Augustus 2023 until March 2024)**

#### **‘Full Time Program’**

From the 7th of Augustus 23-24 season, we will organize ‘Full-Time’ training program’s in both Long Track and Short Track. Join now for a tailor-made program based on your level. Within Long Track you will join exsiting training groups of stakers’ with proven ‘track record’.

For Short Track we are looking to create an international training group of maximum 12-15 skaters.



# Option 2

## 'Training Camps'

### Short Track

From the 19th October 2023 we will also be organizing additional Short Track Training Camps each consisting of a period of 7-10 days.

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

### 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	16 - 22 November 2023	7 - 16 January 2024	7 - 13 February 2024

### Long Track

Long Track organizes Training Camps on special request for teams. The ISU Center of Excellence is open to host and work with a detailed program for your team.

Both options are 'Open' to skaters from all over the World. During the week(s) skaters will be provide with a tailor-made training program that includes ice training, strength & conditioning and numerous workshops.

## Option 3

# ‘KNSB Talent Teams’

There are three KNSB Talent Teams Short Track in the Netherlands. North (Heerenveen), Middle-East (Utrecht) and Southwest (Dordrecht).

All three KNSB Talent Teams are part of our structure in the development pathway to our Senior National Team. We have a maximum of 2 spots per KNSB Talent Team and acceptance will be based on a first come first serve basis.

The Ice rink Thialf in Heerenveen will be the ‘base’ location where both the Long Track & Short Track program’s will take place. You may reserve your ‘spot’ for the all year-round full-time program or one of the camp’s by registering with the link below.

To request a ‘spot’ in a KNSB Short Track Talent Team’s, please send an email to [w.oreilly@knsb.nl](mailto:w.oreilly@knsb.nl) indicating what your desired location is.



# 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.

## 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 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 Full-Time International Skaters Program**

excluding' board & lodgings €595,- per month (full 9 months)

## **Short Track Training Camps**

excluding' board & lodgings €295 - €395,- per camp  
(subject to the number of days)

## **Short Track KNSB Talent Team Program**

**(Max. 2 skaters per location)**

'excluding' board & lodgings €10.000,- per season

## **Long Track short stay Full-Time Program**

'excluding' board & lodgings €1.000,- per month

## Long Track Camps on request

Depending on your tailor-made program a customized offer will be made.

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

## **Additional services upon request**

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

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

Accommodation upon request for apartments.

Meal service upon request

# 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.**

**[BOOK YOUR SHORT TRACK  
TRAINING CAMP HERE](#)**

**[BOOK YOUR LONGTRACK  
TRAINING CAMP HERE](#)**



## More information

For questions and booking:

[shorttrackcenterofexcellence@knsb.nl](mailto:shorttrackcenterofexcellence@knsb.nl)

[longtrackcenterofexcellence@knsb.nl](mailto:longtrackcenterofexcellence@knsb.nl)

More information:

[knsb.nl/isucenterofexcellence](http://knsb.nl/isucenterofexcellence)