



INTERNATIONAL
BIATHLON
UNION

INVITATION TO THE
IBU-IOC VIRTUAL
CAMPS 2020

19 OCTOBER- 29 NOVEMBER
ONLINE VIA ZOOM

#IBUconnects #IBUacademy

**DEAR BIATHLON FRIENDS,
DEAR COACHES,**

As you all know, we are living in challenging times. We do hope that the health and well-being of you, your families, and your national federations have not been effected.

This year, we are facing a lot of challenges, however, we want to stay connected with you and your athletes to develop biathlon within your countries. Our IBU Coach Webinar Week was very popular and many of you appreciated the virtual way of sharing knowledge and experience. That is why we decided not to cancel our annual IBU IOC Camps, but to change their formula using the tools that are commonly used today.

And we are glad to invite you to our new project **IBU IOC Virtual Camps 2020**. We offer you 3 weeks of on-line sessions focused on your development.

During the project, IBU Coaches will be responsible for the NF's coaches mentoring program through 7-day online sessions where they will develop annual training and diagnostic plans taking into account training conditions and possibilities in your country. Then, during the two 7-days microcycles they will work with you and your athletes. In our program, we additionally offer live training sessions focus on model shooting, and strength with additional experts, your athlete's skiing technique analysis, and a motivational session with a success story and live warm/up lead by successful biathletes.

During this unique educational experience, in a **small regional group**, you will learn and broaden your knowledge of the principles of training planning work with athletes at the national level. Through a series of online meetings, you will develop your coaching skills, including sessions focused on ski training, shooting training, designing inclusive training sessions, and preparation and planning.

We welcome Coaches from all our developing National Federations but we recommend including into it young coaches under 30.

What you need to join? **Passion. Discipline. Dedication.**

IBU DEVELOPMENT DEPARTMENT TEAM

IBU-IOC VIRTUAL CAMPS 2020

**PROJECT TIME
FRAME**

from 19th of September to 29th of November 2020

START TIME

**Kick-off meeting for Coaches on Thursday, 22
September 2020 (meeting times agreed with the IBU
Coach, duration 1 hour)**

2nd week 9th -15th of November (Athletes and Coaches)

3rd week 23th-29th of November (Athletes and Coaches)

PLACE

Online via ZOOM (link will be send by IBU Coach to
registered NF's Coaches)

**REGISTRATION
PARTICIPANTS**

One NF is allowed to register two Coache's and two
athletes (one male and one female)

NOTE: more athletes can attend the sessions but
additional support (e.g. technique analysis's)
will be provided to the registered athletes only.

YOUR REGISTRATION LINK

<https://www.surveymonkey.com/r/IBUcamps2020>

Registration deadline: 18 September 2020 (Monday)

LANGUAGE

English, Russian and other after request

CONTACT

Should you have any questions or concerns, please reach
out to theresa.jost@ibu.at or dagmara.gerasimuk@ibu.at

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IBU-IOC CAMPS WORKING GROUPS

1st Group	English	2nd Group	English
ARG; BRA; CHI; IND; MGL		AUS; CHN; JPN; NZL	
3rd Group	English	4th Group	Russian
BEL; DEN; ESP; GBR; GRL; IRL; NED		ARM; GEO; KGZ; LAT; LTU; MDA; UZB	
5th Group	Nativ	6th Group	English
BIH; CRO; MKD; SRB		BUL; HUN; GRE; ROU; TUR	

IBU-IOC CAMPS PROGRAM

1st week IBU COACH with NF's Coaches

IBU Coach and national coaches develop a training plan and develop a control plan for their group

* 7 days - 7 sessions, meeting times can be adjusted to your needs, you can meet daily with IBU Coach during group sessions or individually

2nd week IBU COACH with NF's Coaches and Athletes

Online training week, IBU Coach coordinate the previously planned endurance microcycle (high loads), but also present the model microcycle for the training group;

There will be also additional live sessions conducted by other experts and athletes (for coaches and athletes), video analysis of the technique of roller skiing or skiing, competitions and other activities.

3rd week IBU COACH with NF's Coaches and Athletes

Online training focused on the pre-competition microcycle

There will be also additional live sessions conducted by other experts and athletes (for coaches and athletes), video analysis of the technique of roller skiing or skiing, competitions and other activities.

YOUR COCHES and ATHLETES will receive:

- unique opportunity for daily training support by experts
- model annual training plans
- examples of model microcycle focused on endurance preparations and ore-competition period
- tips and guides for the individual technique
- model strength training for daily use
- and more...

IBU IOC VIRTUAL CAMPS 2020

PROGRAM and IBU COCHES

(Please note: Agenda can be subject to change, in case of presenters' sickness, unavailability etc.)

1st week

TRAINING PLANNING individual sessions, discussion, model plans

START

Thursday, 22. October 2020



MATTHIAS AHRENS CAN

"Training is not the work you do but the effect it has on your body" - Renato Canova

- Head Coach at National Development/ Biathlon Alberta Training Centre in Canmore
- National Team and Head Coach Biathlon Canada 2005 - 2019
- Coached at every level of development, Club - National - Olympic athletes
- Coached athletes at the last 3 Olympic Winter Games 2010, 2014 and 2018



LUCA BORMOLINI ITA

"Don't limit yourself"

- Former professional athlete in the Italian National Team
- Biathlon Coach
- Head Coach for Australia National Team
- Experienced in training athletes from developing biathlon countries New Zealand, Brazil
- IBU Coach for a Development Camp (in Chile and Argentina)



MATEJ KORDEZ SLO

- several times IBU IOC Coach
- IBU Technical Committee member
- IBU Technical Delegate

IBU IOC VIRTUAL CAMPS 2020

other Coaches and experts included

(Please note: program can be subject to change, in case of presenters' sickness, unavailability etc.)

2nd and 3rd week

MOTOR SKILLS TRAINING - strength training



NICOLE RODRIGUEZ USA

- Physical Development coach from the USA
- In 2006, she started in Ice Hockey serving youth, professional and Olympic programs (USA Ice Hockey) across 12 years
- She supported the Dutch National Volleyball team, EXOS, Adidas, international cycling, and various field and court-based sports
- B.S. degree in Kinesiology, post-graduate studies in Exercise Science and Nutrition, as well as a license in manual therapy
- Various industry standard certifications in the area of movement science and human performance

SKATING TECHNIQUE - your athlete's technique analysis



STEFAN LINDINGER AUT

- Intern. XC and Biathlon Coach (6 nations); specification in learning and re-learning movements; skier; researcher
- PhD with Norwegian Ski Federation and National Team on Skating Biomechanics
- Professor for Training and Biomechanics in Skiing at:
 - a) Center for Health and Performance at the Dep. of Food and Nutrition and Sport Science, University of Gothenburg, Sweden
 - b) Dep. of Exercise and Sport Science at the University of Salzburg, Austria
- Intern. Skiing Industry consultant and R&D expert