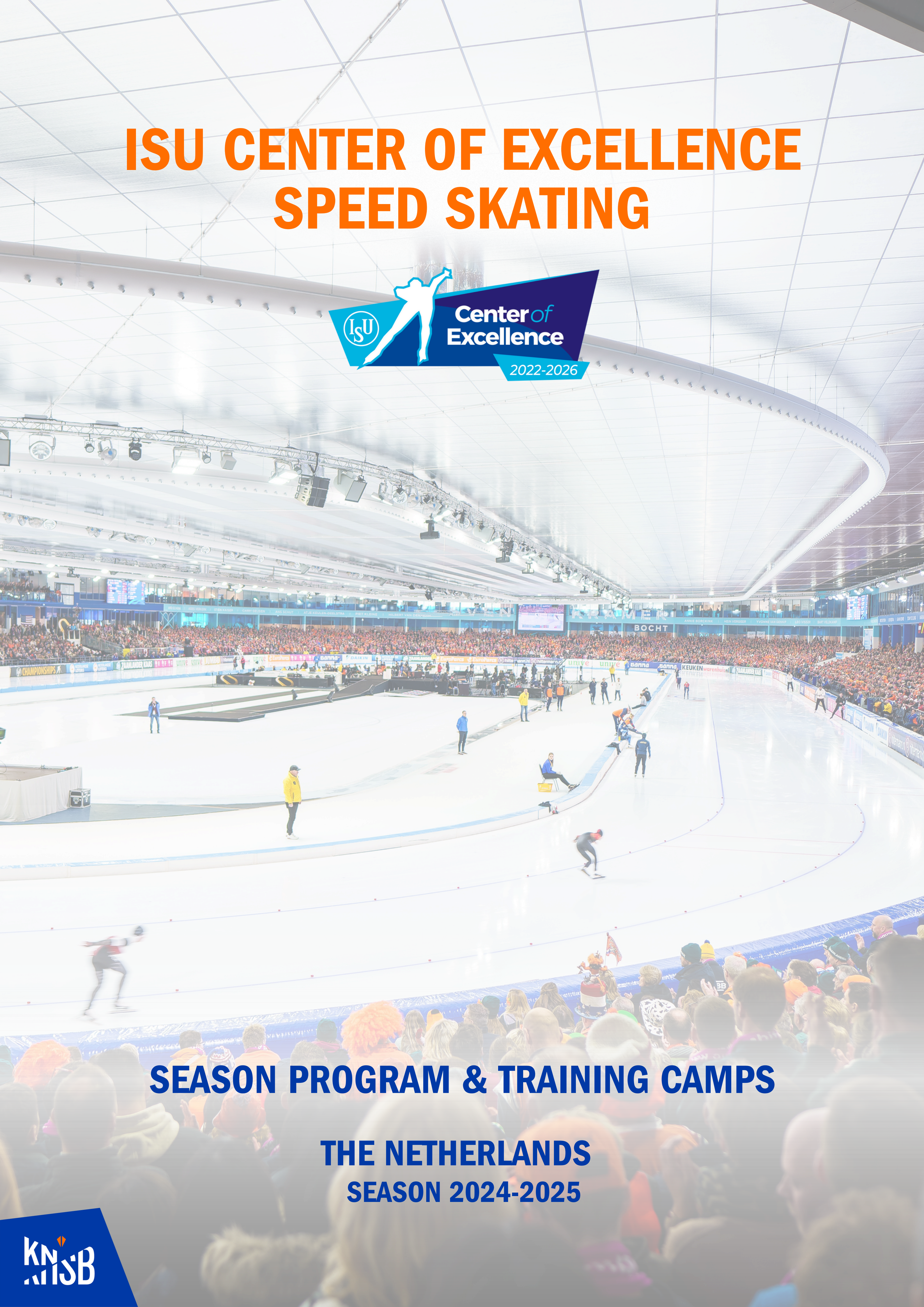


# ISU CENTER OF EXCELLENCE SPEED SKATING



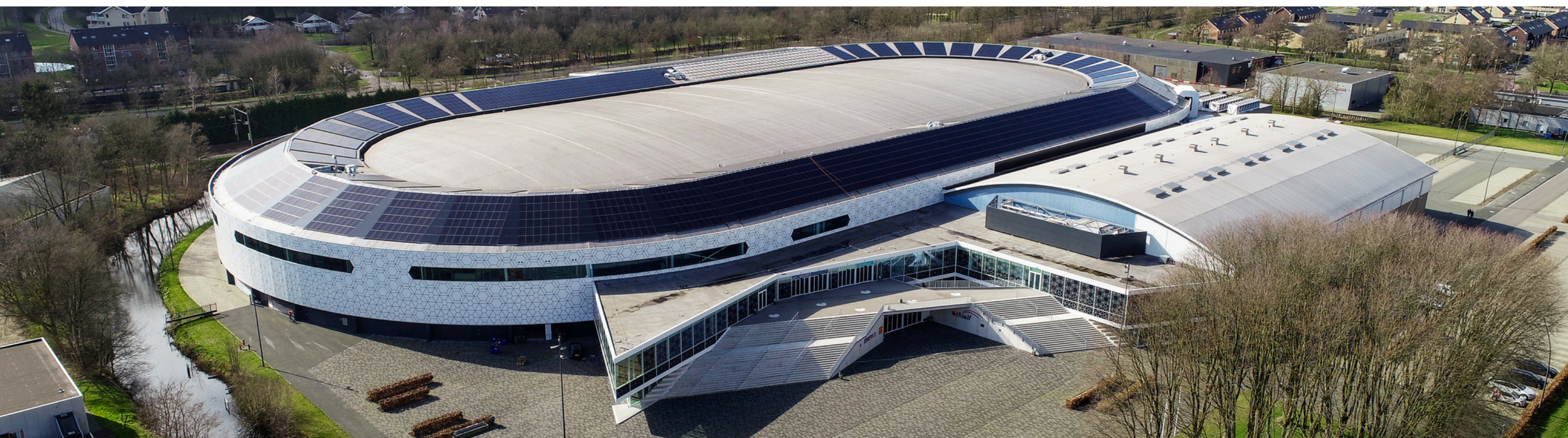
**SEASON PROGRAM & TRAINING CAMPS**

**THE NETHERLANDS  
SEASON 2024-2025**

# THE KNSB WELCOMES YOU TO THE ISU CENTER OF EXCELLENCE IN THIALF, HEERENVEEN

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.



## 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 program and camps a certified 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

# OPTION 1 - FULL TIME PROGRAM



## FULL TIME PROGRAM

All year round (from June 1st 2024 until March 2025)

From June 1st, we will organize 'Full-Time' training program's in Speed Skating. Join now for a tailor-made program based on your level. Within Speed Skating you will join existing training groups of skaters' with proven 'track record'.

# OPTION 2 - TRAINING CAMPS

## TRAINING CAMPS

The ISU Center of Excellence 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. Contact us.

# OPTION 3 - ROAD TO ICE CAMPS

Do you want to transfer from inline skating to Speed Skating and try out without any experience? We organize camps to help you start your Speed Skating career. This camp will be ended with an official race including day licence from the KNSB.

## ROAD TO ICE CAMPS

ROAD TO ICE CAMPS	
After World Championships Inline	After Berlin Marathon
23 - 29 September 2024	30 September - 6 October

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

# THE FEES

## SPEED SKATING FULL-TIME PROGRAM

'Excluding' board & lodgings: €10.000,- per season.

## SPEED SKATING FULL-TIME PROGRAM | SHORT STAY

'Excluding' board & lodgings: €1.000,- per month.

## SPEED SKATING CAMPS ON REQUEST

'Excluding' board & lodgings: €350,- per week.

## ROAD TO ICE CAMPS

'Excluding' board & lodgings €350,- per week, €595,- per 2 weeks.

## 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

## MORE INFORMATION

**FOR QUESTIONS AND BOOKING:**

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

**MORE INFORMATION:**

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