



CENTER OF EXCELLENCE SHORT TRACK 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 Short Track Speed Skating to the rest of the World. Therefore, we would welcome you to our ISU Center of Excellence (CoE) in one of the most advanced ice rink facilities in the world: Thialf, Heerenveen.



TRAINING FACILITIES

Thialf is the home of the Dutch National Team and features, among others, a 30x60m short track ice rink and a 400m long track ice rink.



The complex's gym has the latest equipment and training materials and a great view of the whole stadium



The short track ice rink features free standing boarding, meeting the highest ISU safety standards



TRAINING CAMPS SEASON 24-25

The camps 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.

Camp 1.	Camp 2.	Camp 3.
Summer Camp	Summer Camp	Summer Camp
24 - 28 July 2024	14 - 18 August 2024	4 - 8 September 2024

• Deadlines for registration: Camp 1: [24th June](#), Camp 2: [14th July](#) & Camp 3: [4th August](#).

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

Additional services upon request:

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

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

Meal service upon request

THE COACH

- Benny Bruggemans
- Qualified experienced head coach
- ST3 & ST4 Certified



Click [HERE](#) for more info and coach CV



THE FEES

The fees per Short Track Camp (5 days) are as follows:

SKATERS

€375

COACHES

€200

- Fees are per camp (5 days)
- Fees are all inclusive: Ice, Weights, Hotel & Food
- The Hotel will be 'Fletcher Hotel-Restaurant Heidehof' (walking distance to the Thialf Ice Stadium)

MINIMUM REQUIREMENTS FOR PARTICIPATION

500m personal best of 47 seconds (Women) 44 seconds (Men)
Proof of full medical and personal liability insurance prior to arrival
Minimum: 18 years old*

*Adult supervision (coach, parent, other) is required during camp when age < 18 years of age

MAKE YOUR BOOKING NOW!

Download our application form [HERE](#) and e-mail* to:

 W.OReilly@knsb.nl

*Please note that the deadline for registration is one month before the camp's start date, i.e.: [24th June](#), [14th July](#) & [4th August](#).
Too late? Then hotel booking fees will be charged.