



**A FULL-TIME TRAINING PROGRAM WITH  
OTHER HIGH LEVEL SKATERS IS AVAILABLE**



# **CENTER OF EXCELLENCE SHORT TRACK PROGRAM**

**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

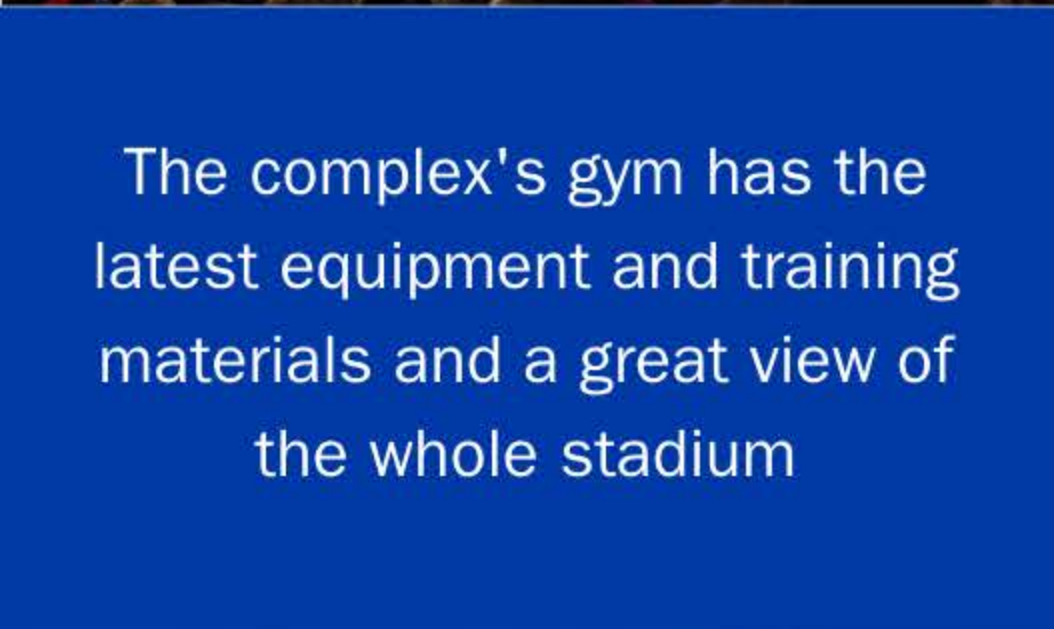
Thialf is the home of the Dutch National Team and features, among others, a 30x60m short track ice rink and a 400m long track ice rink.



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



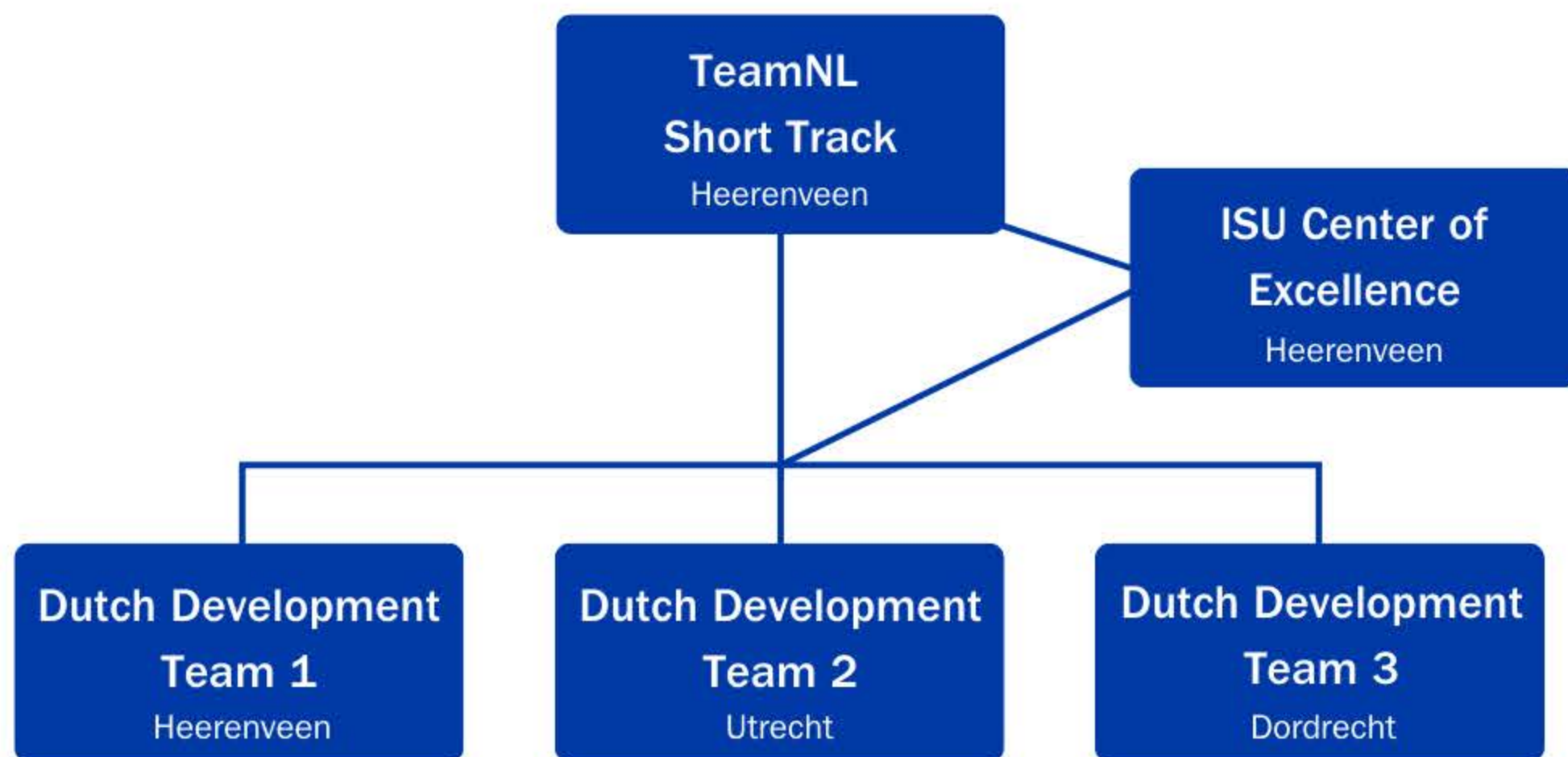
The short track ice rink features free standing boarding, meeting the highest ISU safety standards



# THE FIELD OF PLAY

## COLLABORATION = KEY

- TeamNL Short Track + other coaches involved with foreign skaters & the CoE.
- Collaboration between the CoE and the Dutch Development Teams during integrated sessions and joined skating camps.
- Joint training sessions together with TeamNL athletes who are not traveling to ISU World Cups.
- Ability to also skate long track.
- 3 teams, 1 location



# THE OFFER

START: 1ST JULY 2024 | END: 20TH MARCH 2025



A full time on- and off ice training program: 6 days a week ice training, max. 20h per week

Periodised program made to perform in high level competitions

Training with national and international skaters (max. 20 skaters)

Strong level of goal-setting

A great learning environment

Challenging training partners

Working with the newest innovations in ice skating

Partnership with the International Skating Union

Partnership with the KNSB

## WHO TAKES CARE OF YOU WITHIN THE ISU CENTER OF EXCELLENCE?

- A full-time qualified experienced head coach
- An inter-disciplinary staff team, consisting of:

- Assistant-coach
- Physiotherapist\*
- Strength and conditioning trainer
- Sports nutritionist\*
- Performance behaviour coach\*
- Meal service facility\*

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

\*additional cost

# BENEFITS AND REQUIREMENTS

## BENEFITS

### For International Short Track Skaters/Teams

- Opportunity to train with TeamNL Short Track and Dutch Development Teams
- Ensuring international development of smaller short track countries
- Chance for late developing skaters to mature
- More senior racing
- Stable base for skaters not traveling to ISU World Cups
- Housing possibilities available
- Easy travelling access from Schiphol Airport

### For National Short Track Skaters

- Opportunity to train with TeamNL Short Track and International skaters
- Opportunity for late developing skaters to mature
- More senior racing
- Stable base for skaters not traveling to ISU World Cups
- Dutch Development Teams can keep focus on juniors from their own regions
- Housing possibilities available

## WHO ARE WE LOOKING FOR?

- Ambitious skaters at a level that suits the team
- National team members looking for a new challenge
- Exceptional talents who stand out in a development team
- International members of development teams
- Desirable age from 18+

## WHAT DO WE EXPECT?

- 100% dedication for the sport
- Add value to the team
- Ownership
- Perseverance
- Strong goal-setting
- Progression
- The will to improve

# THE COSTS

Our ISU Center of Excellence offers the possibility to join the training program with or without housing near the Thialf stadium

## INTERNATIONAL SKATERS

### Training Program

Without housing

**€500\*\***

With housing

**€1175\*\***

## DUTCH SKATERS

### Training Program

Without housing

**€350\***

With housing

**€1000\***

HOUSING SUBJECT TO AVAILABILITY

\*Costs are per month. Payment can be made monthly, the first two months have to be paid in advance.

\*\*Reduced fee for Dutch skaters based on Dutch Government financial contribution.

# CONTACT US

## INTERESTED IN JOINING OUR ISU CENTER OF EXCELLENCE?

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

 [W.OReilly@knsb.nl](mailto:W.OReilly@knsb.nl)

For questions about housing possibilities, email to:

 Cathy Steenbergen

Coordinator housing TeamNL Centrum Noord

[C.Steenbergen@topsportnoord.nl](mailto:C.Steenbergen@topsportnoord.nl)

*We are looking forward to having you join  
our International Team!* 