



IBU-IOC
WINTER CAMP 2023
25 NOV - 03 DEC | POKLJUKA SLO



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ABOUT THE CAMP

For many years, the IBU is organizing the so-called „IBU-IOC Camps“ - supported by the Olympic Solidarity funds- to support developing nations and promote biathlon in these countries. During the camp, participants will gain practical and theoretical knowledge about sport and biathlon theory and practical training letting Athletes and Coaches improve their skills and competence for future participation in international level competitions.

The IBU-IOC Winter Camp 2023 will be organized in Pokljuka, Slovenia from 25 Nov – 03 Dec 2023, led by IBU Head Coach Armin Kasslatter and IBU Coaches Ilario Maddalin, Nusa Pogacar, Nika Blazenic and Anna Sprung. Invited National Federations can bring 4 athletes (2 female and 2 male) and 1 coach to the camp.

We highly recommend to send young coaches under 35 years if possible or coaches who participate in the IBU Coach Education (Basic or First Level Course) so they can accomplish their requested practical hours at the Camp. Kindly note that the participating athletes should be within 15-23 years of age.

IBU CONTACTS

PROJECT COORDINATOR

Theresa Heinsinger

IBU Development Manager

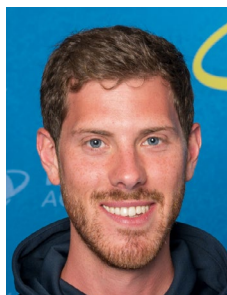
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IBU COACHES



ARMIN KASSLATTER
Regional Coach, NF ITA



ILARIO MADDALIN
Coach NF GBR



NIKA BLAZENIC
Coach NF SLO



NUSA POGACAR
Coach NF SLO



ANNA SPRUNG
Coach NF AUT

ATHLETE ROLE MODEL



TADEJA BRANKOVIC
Former biathlete and now Team Manager NF SLO

EXPERTS



KATHARINA BLUME
Team Doctor NF GER



JONAS JOHANSSON
Head of Education, NF SWE



DR AMELIE HEINRICH
Sport Psychologist & Scientist



DR SAM THROWER
Anti-Doping Researcher



AO. UNIV.-PROF. MAG. DR. CORNELIA BLANK
Anti-Doping Researcher

ACCOMMODATION

Hotel Pokljuka

Goreljek 103, 4247 Zgornje Gorje, Slovenija
Tel.: +386 31 325 666
E-mail: info@hotelpokljuka.si
<https://hotelpokljuka.si/en/>



Hotel Center

Srednja vas v Bohinju 165/a (Rudno polje)
4267 Srednja vas v Bohinju
T +386 4 532 00 00
E-mail: info@center-pokljuka.si
<https://www.center-pokljuka.si/en/hotel-center-2/about-sports-centre/>



Accommodation is planned in 2-bed rooms for coaches and 4-bed rooms for athletes, participants are accommodated in either Hotel Center or Hotel Pokljuka. Within the camp period, the IBU will cover costs for accommodation and full board. Check-in is scheduled on Saturday, 25 November by 6pm CET at the latest, departure is on Sunday, 03 December after breakfast.

Different dates of arrival and departure must be agreed upon with IBU and additional costs in the case of exceeding the planned camp period must be covered by the federations.

PROGRAMME

- **8-nights accommodation at Hotel Pokljuka and Hotel Center in 2-bed / 4-bed rooms with full board**
- **Varied training sessions including**
 - Skiing (classic and skating)
 - (Dry-) Shooting
 - Strength training
 - Test competitions (Single-Mix and Sprint)
- **Camp lead by experienced IBU Coaches**
- **Welcome gifts for Coaches and athletes**
- **Educational seminars and workshops**
- **Social evening**

SCHEDULE

SATURDAY, 25 NOVEMBER 2023	
Latest by 18:00	Arrival
18:30 – 19:30	Dinner
19:30 – 20:00	Official Welcome
20:00 – 21:00	Get to know each other Games (Athletes)
FROM SUNDAY, 26 NOVEMBER UNTIL SATURDAY, 02 DECEMBER 2023	
07:00 – 08:00	Breakfast
08:30 – 11:00	Morning session
12:00 – 13:00	Lunch
14:00 – 17:00	Afternoon session
18:30 – 19:30	Dinner
19:30 – 20:00	Coach Meeting
20:00 – 21:00	Evening activities / Social time
SUNDAY, 03 DECEMBER 2023	
08:00 – 09:00	Breakfast
Latest by 11:00	Departure

OTHER INFORMATION

EQUIPMENT

The following equipment is required for the varied training sessions:

- **Skating skis**
- **Classic skis**
- **Skating and classic boots**
- **Poles** (1x pair for skating and 1x pair for classic skiing)
- **Running shoes**
- **Biathlon rifle** (small-bore)
- **Equipment gym**
- **Gloves, hats, head bands**
- **Appropriate clothing for training and competitions on snow**
- **Bad weather clothing** (rain jackets etc.)
- **Scope with tripod** (coaches)
- **Clipboard for shooting** (coaches)

VISA

The current [VISA regulations](#) for entry into Slovenia apply. Participating nations requiring an invitation must contact IBU.

INSURANCE

It is mandatory to possess both sufficient liability and accident insurance for covering accident, recovery and transport costs, including for Camp-related risks to an adequate extent when participating in any camps, competitions or activities sanctioned or authorized by the IBU.