



IBU-IPC **SUMMER DEVELOPMENT** **CAMP 2024**

16 - 21 SEPTEMBER | HOCHFILZEN AUT



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ABOUT THE CAMP

The IBU is hosting the **IBU Para Biathlon Development Camp** supported by the International Paralympic Committee (IPC) to support developing Para Biathlon athletes and promote Para Biathlon in their countries. During the camp, participants will gain practical and theoretical knowledge about the sport and enjoy access to Para Biathlon theory and practical training sessions. The overall objective of the camp is help participating athletes and coaches improve their skills and competence for future participation in international level competitions. The target audience for the camp are developing athletes with limited or no high level Para Biathlon competition experience.

The IBU Para Biathlon Development Camp will take place in Hochfilzen, Austria from 16-21 September 2024, led by IBU Head Coach Rolf Nuber. Participation by nation is limited to 4 athletes/guides and 1 coach. Every country that sends athletes/guides must also send a coach. The camp will be conducted in English.

The camp will accommodate a maximum of 20 athletes. Registrations are accepted on a first come, first served basis, latest by 10 August 2024.

To register, please click here: <https://www.surveymonkey.com/r/ParaBiathlonCamp2024>

IBU CONTACTS

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PARA BIATHLON MANAGER

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ILARIO MADDALIN
DEVELOPMENT CAMPS PROJECT COORDINATOR

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IBU HEAD COACH



ROLF NUBER

My name is Rolf Nuber, I am 56 years old and a Biathlon coach / shooting coach for the German Para Sports Team.

I was active in biathlon myself from 1983 - 1993 and competed in Alpine Cups and European Cups.

I have been part of the Para Sport family since 2002. At the beginning as a guide, later as a ski tech and after Paralympics in Vancouver (2011) as a Biathlon coach.

SCHEDULE

MONDAY, 16 SEP 2024	
Latest by 17:00	Arrival
18:00 – 18:30	Meeting
19:00 – 20:00	Dinner & Camp opening
20:00 – 22:00	Getting to know each other
TUESDAY, 17 SEP 2024 UNTIL THURSDAY, 19 SEP 2024	
07:00 – 08:00	Breakfast
08:30 – 11:00	Morning session
12:00 – 13:00	Lunch
14:30 – 17:00	Afternoon session
17:30 – 18:15	Coach Meeting
18:30 – 19:30	Dinner
20:00 – 21:00	Evening activities / Social time
FRIDAY, 20 SEP 2024	
07:00 – 08:00	Breakfast
09:00 – 12:00	Training Camp competition
12:00 – 13:00	Lunch
14:30 – 17:00	Afternoon session
17:30 – 18:15	Coach Meeting
18:30 – 19:30	Dinner
20:00 – 21:00	Evening activities / Social time
SUNDAY, 21 SEP 2024	
07:00 – 08:00	Breakfast
08:30 – 11:00	Morning session
12:00	Lunch / Departure

ACCOMMODATION

Fairhotel Hochfilzen

Kulturhausstraße 1, A-6395 Hochfilzen, Austria

Tel.: +43 (0) 5359 23456

E-mail: info@fairhotel-hochfilzen.at

<https://www.fairhotel-hochfilzen.at/>



Accommodation is planned in double rooms for coaches and athletes. During the camp, the IBU will cover costs for accommodation and full board. Check-in is scheduled on Monday, 16 September by 17:00 CET at the latest, departure is on Saturday, 21 September after lunch. **Animals are not allowed.**

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.

If you cannot attend the camp and inform us later than 1st of September, the federation must cover the accommodation costs.

TRAVEL SUPPORT

The IBU supports NFs with travel contributions of 350 EUR per participating athlete/guide.

Local transportation from the hotel to the training location is the responsibility of the camp participants.

PROGRAMME

- **5-nights of accommodation at Fairhotel Hochfilzen in 2-bed rooms with full board**
- **Varied training sessions including**
 - Roller skiing
 - Shooting
 - Strength training
- **Camp lead by experienced IBU Head Coaches**
- **Educational sessions**
- **Fun activities**
- **Social evening**

OTHER INFORMATION

EQUIPMENT

The following equipment is required for the varied training sessions:

- **Roller ski training equipment**
- **Helmet**
- **Air rifle** (VI rifles are provided by IBU)
- **Swimwear**
- **Appropriate clothing for training**
- **Bad weather clothing** (rain jackets etc.)
- **Spotting scope with tripod** (coaches)
- **Clipboard for shooting** (coaches)

VISA

The current [VISA regulations](#) for entry into Austria 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.