

# **IBU Coach Education** First Level Course

November 2023

#### Context

To support National Federations and their Coaches, the IBU offers the IBU Academy Coach Education Programme, consisting of 4 levels (basic, first, second and third level). The First Level Course consists of 186 hours and will be held online and in-person during 6-days camps in May 2024, October 2024, and March 2025.

### **Participants**

A maximum of 20 motivated candidates with the IBU Basic Level Coach Certificate, or athletes with national and international experience at senior level (min. of 3 years in the senior national team), or coaches who have worked as a biathlon coach for at least 2 years (clubs, regional, or national level) nominated by the National Federation.

#### Lectures

Theoretical and practical lessons in the fields of skiing, shooting, exercise physiology, integrity, sustainability, biathlon performance, nutrition, psychology, recovery & prevention, coaches' soft skills, equipment, applied training science, and the business of sport will be provided by well-known experts and coaches in the fields of winter sports and sports science.

#### Place & Date

Week1: 3-8 May 2024 in Hochfilzen (AUT)

Week 2: 6 days, planned in October 2024 in Pokljuka (SLO)

Week 3: 6 days, planned at the end of March 2025 in Jakuszyce (POL)

# **Costs & Funding:**

€ 5,500 per person, excluding travel and accommodation costs. The NF can apply for financial support from the IBU development support for a maximum of two candidates (1 male, 1 female) to cover the fee, accommodation, and travel costs.

## **Application Deadline:**

31 January 2024

#### **Application:**

via IBU Scope IBU Knowledgebase (ibu-scope.com)

#### **Further information**

on terms and conditions: International Biathlon Union - IBU Academy **Contact Person:** 

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